



“Self-care is how you take your power back.”

—— LALAH DELIA, WRITER AND EDUCATOR

Be empowered to check-in on your own mental health and make sure you are OK.

Make an appointment to speak with a Converge International counsellor about **Nutrition and Lifestyle Assist**, your privacy is protected.

—— CONTACT OR MORE INFORMATION

1300 687 327 (Aus) | 0800 666 367 (NZ) | +613 8620 5300 (Intl)  
convergeinternational.com.au | eap@convergeintl.com.au

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