

# First Nations Helpline

1300 287 432

Converge International understands that people face many challenges in their lives and that, sometimes, these require specialised support. We believe the counsellors providing this support should either be Indigenous consultants or carefully selected specialists with training in the issues that face many people. Cultural load, lateral violence, trauma and community issues are just a few examples of the conversations we have with our first people.

## SPECIALIST PHONE HELPLINES

Your organisation offers access to one session of specialist support (available during business hours only) in addition to your existing Employee Assistance Program services.

## FIRST NATIONS HELPLINE

When you call our First Nations helpline, you can feel safe in the knowledge that we'll match you with a counsellor of your choosing. Our experienced consultants are either First Nations themselves or have undertaken specialist training in cultural awareness. We provide a safe space for you to talk to someone who can empathise with your issues and provide support.

Our consultants can also arrange for referral to other services where necessary or upon request.

## HOW DO THESE SERVICES SUPPORT YOU?

When you call one of our specialist helpline services, including our First Nations helpline, you can access additional support through referrals to external services, specialised information and resources.

Most importantly, you get to speak with an independent, experienced, trained and supportive counsellor; someone who is there for you during a challenging time.

## MORE INFORMATION

You can find out more about our Specialist Phone Helplines by visiting our website at [convergeinternational.com.au](http://convergeinternational.com.au) or calling **1300 OUR EAP (1300 687 327)**

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