

# EMPLOYEE ASSIST

*Building mental fitness. Together.*

*Employee Assist is your coaching and counselling service providing confidential and short-term support.*

## CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to build the skills you need to adapt to the changing world of work and to thrive in all areas of life.

## OUR SERVICES

Employee Assist is provided independently from **Federation University Australia**.

When you access Employee Assist, you will speak with a qualified, experienced counsellor across a range of issues including:

- Work and personal stress
- Work, career and life changes
- Personal and workplace relationships
- Emotional difficulties
- Communication and relationship tension, conflict and breakdown
- Grief and loss
- Sleep and fatigue
- Gambling, drug, alcohol and other addictions
- Anger and violence

## OUR COUNSELLORS

- Understand your situation and gain insights to inform decisions and directions
- Develop strategies to drive positive changes in behaviour and lifestyle
- Learn how to adapt to change and seize opportunities
- Provide coping strategies when dealing with difficult situations

## EMPLOYEE ASSISTANCE PROGRAM

**Federation University Australia** offers an independent Employee Assistance Program

Your Employee Assistance Program is:

**A confidential service**

**Available to all employees**

**Available for up to 4 sessions per annum, Career Assist and Employee Assist combined.**

Details of your discussion will not be shared with your manager or your workplace. You can read our Privacy Policy on our website.

## CONTACT US

To make an appointment to speak with a Converge International EAP counsellor:



**1300 OUR EAP**  
(1300 687 327)



Visit [www.convergeinternational.com.au](http://www.convergeinternational.com.au) and click on Contact Us to access our Live Chat service.



Download our **EAP Connect** App and connect with us through the Appointment icon

### More Information

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