

Employee Mental Health & Wellbeing Program



The Employee Mental Health & Wellbeing Program is provided independently to your organisation.

When using the service, you can speak with a qualified clinician specifically selected to best support your issue. Our clinicians are experienced across a range of issues including:

- personal and work-related stress
- relationship or family matters
- nutrition advice
- financial coaching
- interpersonal conflict and tension
- changes in your work environment
- grief and bereavement
- career issues
- mental health concerns
- personal crisis or trauma.

Our clinicians assist you to gain insights to inform decisions and directions, and will support you to develop strategies to drive positive changes in behaviour and lifestyle. They can help you to adapt to change, seize opportunities and provide coping strategies when dealing with difficult situations.

Your Employee Mental Health & Wellbeing Program is:

- **A free, confidential service**
- **Available to all employees 24/7, anytime, anywhere**

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

Book an appointment to speak with us:



Scan the QR code or click here to **book**. Don't forget your organisation code:



Visit **convergeinternational.com.au** to **Live Chat** with a counsellor.



Call **1300 687 327** (Australia)
0800 666 367 (New Zealand)



Employee Counselling

Converge can support you to build the skills you need to adapt to the changing world of work and to thrive in all areas of life.



Employee Counselling is provided independently to your organisation.

When you access Employee Counselling, you can speak with a qualified, experienced clinician 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.

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Manager Support

Converge can support you to lead in the changing world of work and to manage your team to maximise their performance, achievement and mental fitness.



Manager Support is provided independently to your organisation.

Manager Support is a free, confidential coaching and advisory service for leaders of people, including team leaders, managers and supervisors. We offer expert support and advice for managing people and leadership training on self-development and improved personal leadership skills.

We can work with you to evaluate, plan, implement and achieve your personal, professional and organisational goals across:

- developing self-awareness around leadership and working style
- managing underperforming staff and other difficult staffing issues
- addressing workplace conflict and building successful teams
- developing and implementing strategies to support your staff and their mental health
- change management support
- improving workplace and interpersonal relationships.

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Career Coaching

Converge can support you to navigate the changing world of work and to identify and achieve your career goals.

Career Coaching is provided independently to your organisation.

It's focused on providing you with support across workplace and personal issues through short-term career focused counselling, coaching and advice.

Your consultant is focused on supporting you to make informed decisions and to prepare for the next stage of your career. Career Coaching is here for you when:

- you are looking for clarity around your next career step and would like impartial support to identify future job options and opportunities
- you are experiencing major change in your personal or professional life prompting re-evaluation of your career goals and priorities
- you would benefit from speaking with an independent person about your current or future career plans.

Your Career Coaching is:

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- **Available to all employees 24/7, anytime, anywhere**

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Conflict Support

Converge can support managers and employees who are dealing with the impacts of conflict at work.



Conflict Support is provided independently to your organisation.

Every organisation and working relationship has the potential to be affected by conflicts, disagreements and relationship breakdowns. The impacts of conflict on mental fitness are real. Conflicts often begin as small issues that have the potential to develop into dislike, distrust and broken relationships that affect employee wellness and productivity.

Our Conflict Support consultants can work with you to:

- restore a harmonious workplace focused on successful and productive teams
- build stronger, more supportive relationships to positively address disagreements before they lead to open conflict
- help identify the behaviours and situations that lead to conflict
- find common ground and create a collaborative and supportive environment.

Your Conflict Support is:

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Financial Coaching

Converge can support you to build the skills to manage your financial wellbeing concerns.



Financial Coaching is provided independently to your organisation.

Financial Coaching recognises that the way you view your financial situation impacts on your mental health and wellbeing. Learning new financial habits and skills can help to reduce your stress, improve your wellbeing and your relationships, as well as enhance engagement and productivity at work.

Your consultant will work with you to develop a realistic action plan that can help you to:

- create a sensible debt payment plan that doesn't incur extra costs
- manage stress caused by personal financial challenges
- learn new financial skills that improve your confidence when managing your finances
- build new habits to better manage money, minimise stress and reduce personal conflicts
- negotiate with creditors to obtain achievable payment arrangements.

Your Financial Coaching is:

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Family Counselling

Converge can also support members of your immediate family, offering advice across personal and lifestyle issues.



Family Counselling is provided independently to your organisation.

Our consultants focus on providing you with tips, skills and strategies so that you can address your concerns and get back to being successful, productive, happy and healthy in life and at work.

Our Family Counselling consultants can help you to:

- build stronger, more supportive relationships to positively and proactively address disagreements before they lead to open conflict
- discover tips and strategies to better balance the demands of work and life
- access support and advice around parenting and managing the needs of children, teenagers and young adults.

Your Family Counselling is:

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Nutrition & Lifestyle

Converge can support you to maximise your mental wellness so that you thrive in your personal life and at work.

Nutrition & Lifestyle is provided independently to your organisation.

It's focused on supporting you to achieve an effective and healthy work-life balance. We spend more than half of our life at work and too often we run out of time to focus on our own mental fitness.

We will work with you to develop a realistic action plan that can:

- build your mental fitness and emotional resilience
- provide specialist nutrition advice and information
- give you tools and strategies to better manage stress and/or anxiety
- help you to get more and better sleep
- teach you mindfulness techniques
- assist you through life stages, retirement transition and planning.

Your Nutrition & Lifestyle is:

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Legal Support

Converge provides access to expert support from experienced legal advisors to provide support for short-term legal issues.



Legal Support is provided independently to your organisation.

We understand that legal issues can sometimes contribute to stresses and challenges at work. Legal Support provides easy access to expert independent legal advice. The service helps you to gain a clearer understanding of the law and your legal options across a range of areas including:

- family law, relationship matters and parenting arrangements
- legal wills
- tenancy and renting
- real estate and property matters
- consumer disputes and more.

Your Legal Support is:

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