

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 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)

