

→ CONFIDENTIAL

## Employee Counselling

Navigating life's challenges with the right support

Work and life can be demanding, but you don't have to face it alone.

If you're going through a tough time and need someone to talk to, our confidential counselling service offers tools, guidance, and a safe space to help you feel heard, supported, and resilient.

Converge can help you with:

- · Emotional and psychological wellbeing
- · Managing stress and burnout
- Navigating workplace challenges
- Relationships and communication
- · Life transitions and personal growth





Get instant support when you need it.

Scan the QR code to book an appointment with a **Converge expert today!** 



Scan the QR code to **download our App.** Your organisation code:





