

# Returning to Work after Parental Leave?

You don't have to do it alone. Coming back to work after parental leave can feel exciting, overwhelming, and exhausting - sometimes all at once. Adjusting to new routines, identity shifts, childcare logistics, and workload takes time. **Support is available.**

## CONFIDENTIAL WELLBEING SUPPORT VIA CONVERGE

Free and confidential support for you and your immediate family:

- Counselling and emotional support
- Stress, anxiety, and burnout support
- Help managing work-life balance and parenting pressures
- Coaching for confidence, boundaries, and career transitions
- 24/7 access to professional support

## WHY PEOPLE USE CONVERGE

- Confidential and independent
- Short wait times and flexible appointments
- Phone, video, or face-to-face options
- Practical, judgement-free support

Getting support can help you feel more confident, grounded, and in control. It's okay to ask for support - especially during big life transitions.



Scan the QR code to download our App and book an appointment with a **Converge expert today!** Your organisation code:



[convergeinternational.com.au](https://convergeinternational.com.au)



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