

It is difficult to find the time amongst the pressures of patients, colleagues, administration and personal relationships to debrief and process some of the challenges, stressors and concerns that are faced by Surgeons, Surgical Trainees and International Medical Graduates.

About Converge International

Converge International is a wholly Australian owned company; one of the largest Employee Assistance Program, consulting and training providers in Australia and New Zealand.

We have over 700 qualified consultants located within close proximity to our client organisations, enabling us to provide maximum coverage and support.

Converge International specialises in understanding workplace behaviours and is at the forefront of supporting positive behavioural change initiatives. Our services are underpinned by up-to-date industry research and extensive customer feedback, and are backed by best practice protocol.

Our mission is to partner with organisations to increase the effectiveness and wellbeing of their people. We do this by designing and delivering relevant consulting and training services with measurable results, because we believe in the possibility of great workplaces.

Making an Appointment

To make an appointment or to speak with a RACS Support Program Consultant call **1300 687 327 (AU)** or **0800 666 367 (NZ)**.

EAP CONNECT APP

Book an appointment and access information on your smartphone.

Download for Android and Apple smartphones.



RACS

Support Program



1300 687 327 AU
0800 666 367 NZ
convergeinternational.com.au



ROYAL AUSTRALASIAN
COLLEGE OF SURGEONS

The RACS Support Program (RACSSP) is a 24/7 professional and confidential counselling service for RACS Fellows, Trainees and International Medical Graduates.

It is an initiative of RACS to provide you and your Fellow Surgeons, Trainees and International Medical Graduates with access to confidential counselling, coaching and support for workplace, emotional and personal issues.

The RACSSP also provides RACS members the opportunity to confidentially discuss mental health and workplace bullying and harassment, as well as any other areas of concern.

You can speak with a Senior Converge International Consultant face-to-face, over the telephone or via the internet.

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To make an appointment or to speak with a RACS Support Program Consultant call **1300 687 327** (AU) or **0800 666 367** (NZ).

Availability

Support is available 24 hours, 7 days per week year round. Consultations can be conducted at one of Converge International's sessional offices or with our network of consultants across Australia and New Zealand. We provide access to after hours telephone counselling and emergency support.

Confidentiality

You can be assured that your confidentiality is maintained through the RACS Support Program. At no stage will any details of your participation, issues or attendance be passed onto RACS or your employer. Converge International will periodically provide RACS with de-identified statistical data; this does not identify any individual information.

Our Consultants

All Converge International Consultants are qualified professionals, including registered psychologists and experienced social workers, with extensive experience in their specialty areas and a knowledge of the health industry.

Your EAP Portal

An online portal for the latest Converge International tip sheets, research papers and newsletter information on a range of workplace wellness topics.

User: RACSSP
Password: RACSSP

Available Support

All RACS Support Program Consultants are trained to help you identify issues and options, and to provide practical support in developing skills to realise positive change. The RACS Support Program delivers short-term, solutions focussed support that enables the early resolution of factors that may be impacting on your wellbeing. Support is provided in a way that is professional, accessible and confidential and designed specifically to meet your needs.

You can talk to your Converge International Consultant about:

- Interpersonal conflict and tension
- Work-related stress and overload
- Changes in your work environment
- Bullying, harassment and grievances
- Discrimination and sexual harassment
- Relationship or family matters
- Personal and emotional stress
- Grief and bereavement
- Alcohol and drug related problems
- Mental Health, including depression and anxiety
- Anger and violence
- Crisis intervention and trauma counselling
- Vicarious trauma
- Self harm and suicide

The RACS Support Program is funded by RACS and is free to you for up to **four sessions per year**.

Family Assist

Counselling is also available for family members needing support across personal and/ or lifestyle concerns.