

# Thrive @ Mercy



Supporting your health  
and wellbeing



[mercyhealth.com.au](http://mercyhealth.com.au)



## Positive Ageing

Mercy Health is committed to supporting our employees to balance work and personal goals across all life stages.

Visit [Thrive @ Mercy](#) to find out about:

- Stepping Stones
- tip sheets
- Australian Tax Office
- superannuation.



## Family Violence

Family violence is widespread but often hidden. It can cause terrible physical and psychological harm, particularly to women and children.

If you are in danger call the police on **000**.

Visit [Thrive @ Mercy](#) to discover:

- information
- tip sheets
- referral services.

Your health and wellbeing  
is important to us!

[Thrive @ Mercy](#) is our online employee health and wellbeing hub. Designed to enhance awareness and knowledge of health and wellbeing, [Thrive @ Mercy](#) supports and encourages all Mercy Health employees to be the best they can be.



## Thrive @ Mercy

Visit [Thrive @ Mercy](#) on the MercyNET homepage for a wide range of resources and information, from video clips and self-assessment tools, to referral services and much more!

# How can you Thrive @ Mercy?



Employee Assistance Program

Our Employee Assistance Program (EAP) provider Converge International is available 24/7 to all Mercy Health employees and volunteers. EAP can be used not only in challenging times but to improve overall health and wellbeing. Immediate family members can access Employee Assist, which provides support and counselling.

- 1300 687 327
- eap@convergeintl.com.au
- convergeinternational.com.au
- download the free App from the App Store or Google Play.



Physical Wellbeing

Research tells us exercise can increase the levels of endorphins in the brain, which have mood-lifting properties and may help alleviate symptoms of depression. Other health benefits of exercise include improved sleep, stress relief, increased energy, stamina and weight reduction.

Visit [Thrive @ Mercy](#) to discover:

- exercise playlist
- 10,000 steps challenge
- Bicycle Network discount membership
- Medibank Private Priority Corporate Plan
- referral services.



Mental Wellbeing

We recognise that our employees often have to deal with difficult experiences and acknowledge that pressures from home can sometimes impact on a person's emotional wellbeing.

Visit [Thrive @ Mercy](#) to find out about:

- stress management
- mindfulness
- R U OK? Day
- referral services.



Work Life Balance

Mercy Health is committed to providing a flexible workplace to assist our employees to balance their work and personal lives. We have implemented a range of policies, practices and programs to help you maintain a healthy balance.

Visit [Thrive @ Mercy](#) to find out about:

- Stepping Stones
- free Childcare Referral Service
- Camp Australia School Holiday Program
- Accredited Breastfeeding Friendly Workplace
- Mercy Bank
- parental leave
- government paid parental leave.



Healthy Eating

What we eat and drink can have a significant impact on our overall health and wellbeing. Feel good about yourself by making small changes – these can lead to big improvements!

Visit [Thrive @ Mercy](#) to discover:

- healthy recipes
- nutrition tips
- LiveLighter
- referral services.