Monash University offers a comprehensive Employee Assistance Program (EAP) designed to assist you in meeting the challenges and demands of your work and personal life.

The Employee Assistance Program (EAP) is a professional counselling service that offers confidential, short-term support for a variety of work-related and personal problems that may be affecting you at work or at home. The Employee Assistance Program (EAP) gives you access to qualified professionals, including psychologists, social workers and management coaches.

**Your EAP can help with a range of issues and concerns, including:**

- Interpersonal conflict and tension
- Work-related stress
- Changes in your work environment
- Harassment and grievances
- Relationship or family matters
- Personal and emotional stress
- Grief and bereavement
- Career issues
- Mental health concerns
- Personal crisis or trauma
- Mensline

**Accessing the service**

When you contact the Employee Assistance Program, you can arrange to speak with an EAP counsellor over the phone or make an appointment to see a consultant for a face-to-face session. Office hours are 8 am – 6 pm Monday to Friday. An after-hours messaging service operates at all other times.

You can access counselling assistance for up to three hours. If you decide to access your Employee Assistance Program your details will not be passed on to anyone at Monash University.
Manager Assist

A confidential advisory line and coaching service for supervisors and managers at Monash University

Manager Assist is provided to help you lead, manage and support your team to maximise performance and results. This advisory service is staffed by experienced coaches who will work with you to evaluate, plan, implement and achieve your personal, professional and organisational goals.

The Manager Assist program is designed to facilitate learning on the job without loss of time from the workplace. The objective is to provide a proactive, confidential and supportive opportunity to identify and resolve people management issues before they escalate.

Your EAP can help with a range of issues and concerns, including:
- Interpersonal conflict and tension
- Work-related stress
- Changes in your work environment
- Harassment and grievances
- Relationship or family matters
- Personal and emotional stress
- Grief and bereavement
- Career issues
- Mental health concerns
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**Employee Assist**
Support for personal or work-related concerns such as:
- Workload stress and performance
- Patient/client related incidents
- Role or organisational change
- Anxiety, depression and emotional stress
- Grief and loss
- Personal and family relationships
- Substance abuse and other health issues
- Mensline

Employee Assist is available to all Monash University employees and their immediate family members, for up to three hours.

**Manager Assist**
Advice and coaching for people management issues such as:
- Leadership style and personality awareness
- Work/life balance concerns
- Transition planning and managing the impact of change
- Managing staff and teams
- Performance management
- Addressing difficult behaviours
- Supporting employees with physical or psychological illness

Manager Assist is available to all Monash University managers and supervisors, for up to three hours.

Counselling and coaching sessions can be conducted over the phone or in person at a location provided by ResolutionsRTK.