



Your Mind Matters Psychology Services






SUITE 19, 270 FERNTREE GULLY ROAD, NOTTING HILL, VIC 3168
PH: (03) 9802 4654 FAX: (03) 9923 6716 WWW.YOURMINDMATTERS.NET.AU

Employee Assistance Program

Confidential psychological support for your people - because a healthy team is your greatest asset.

An EAP is a **confidential, employer-funded** wellbeing service giving your staff and their families access to professional psychological support when they need it most - addressing personal and work-related challenges before they escalate.

How an EAP Supports Your People

-  **Mental Health & Emotional Wellbeing**
Short-term counselling for anxiety, depression, stress, grief, trauma, and burnout - delivered by AHPRA-registered psychologists.
-  **Work-Life Balance**
Support navigating excessive workload, role confusion, and the demands of balancing professional and personal life.
-  **Relationship & Family Support**
Counselling extends to immediate family members, helping staff manage relationship strain, parenting challenges, and family conflict.
-  **Neuro-affirming & Inclusive Care**
LGBTQIA+ affirming, culturally sensitive, and neurodivergent-aware - so every team member feels genuinely safe to seek help.
-  **Confidential & Flexible Access**
Strictly confidential. Available in-person or via telehealth. Mon–Thu 8am–9pm, Fri 8am–3pm, Saturdays on request.

How an EAP Supports Your Business

27- 40%

reduction in absenteeism

\$3 - \$10

return per \$1 invested in EAP

\$2.30

returned per \$1 spent on workplace mental health (Australia)

↓ Absenteeism & Presenteeism

EAPs reduce sick days and support staff who are physically present but mentally disengaged.

↑ Retention & Engagement

Staff with EAP access report stronger commitment and significantly lower turnover intention.

✓ Culture & Psychological Safety

Demonstrates genuine duty of care, reducing stigma and building a speak-up workplace culture.

Why Choose Your Mind Matters?

✓ AHPRA Registered Psychologists

Evidence-based care from fully registered clinicians.

✓ Telehealth + In-Person

Flexible access for remote, hybrid, or onsite teams.

✓ Extended Hours

Mon–Thu 8am–9pm, Fri 8am–3pm, Saturdays on request.

✓ Manager Coaching

Equip leaders to respond effectively to staff wellbeing needs.

✓ Critical Incident Response

Rapid, trauma-informed support following distressing workplace events.

✓ Customisable Packages

Pay-as-you-go or a tailored package for your team and budget.

⚠ New Victorian Law (from 1 Dec 2025): WorkSafe Victoria now requires employers to identify, assess, and control psychosocial hazards - including high workload, poor management support, bullying, and traumatic work. Non-compliance can attract fines exceeding \$100,000. **YMM EAP forms part of your legally required control measures.**