Your Mind Matters Psychology Services
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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%	$3 - $10	$2.30
reduction in absenteeism	return per $1 invested in EAP	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.

⚠ **Victorian Law (in effect since Dec 2025):** WorkSafe Victoria 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.