

How do I Access Support Services at Work?

Psychosocial hazard support services at the University of Wollongong

Employee Assistance Program (EAP)

UOW provides services designed to enhance the emotional, mental and general psychological well-being of employees through the EAP.

TELUS Health (previously LifeWorks)

To arrange a consultation with a counsellor please call [1300 361 008](tel:1300361008) or use the online live chat function on the TELUS Health website at uow.lifeworks.com

UOW Counsellors

All UOW employees and members of their immediate family have access to qualified counsellors via face to phone consultations to assist with a range of work or personal issues.

Who to talk to:

In the first instance, speak to your supervisor or manager, or your P&C Business Partner.

For more help, scan the QR code

