

Manager Assistance Program



Support for leaders in navigating team-based challenges and creating psychological safety



What is MAP?

The Manager Assist Program (MAP) is a session where expert senior psychologists offer advice, practical strategies and timely solutions for leaders managing employee wellbeing, sensitive work-related issues, addressing psychosocial risks and referrals to additional support services if needed.



What can you expect from a MAP session?

MAP supports managers and leaders to navigate the many demands and challenges they face when trying to manage both complex team issues as well as their own individual challenges. Whether it's performance management, organisational change, addressing an employee at risk, or handling sensitive leadership situations, MAP is your safety-net, ensuring you feel well-supported and empowered.

[For more information](#)



How to book an appointment

To schedule a MAP session via the Centre for Corporate Health and consult with a psychologist specialising in your area of need, **call 1800 959 956** or download the [Resilience Box App](#).



Scan to download!



The Resilience Box App

The Resilience Box App is your "one-stop shop" for mental health and manager support, providing a seamless end-to-end experience.

Explore factsheets, videos, podcasts, and online learning modules, and easily book and access all your MAP appointments in one spot.