

Support for Staff at WIPH

Development & Training

QM's [programme of development opportunities](#) can support you throughout your career.

We provide **courses, mentoring, coaching, individual support and accredited qualifications** in leadership and management: profdev.qmul.ac.uk



Employee Assistance Programme

QM's **Employee Assistance Programme** provides **free, confidential support**. Available anytime, the service provides **resources, referrals, and counselling on any issue**, including work-life balance, relationships, debt, childcare, and mental health: qmul.ac.uk/staff-wellbeing/wellbeing-at-work-/employee-assistance-programme



Financial Advice

QM has partnered with the Money and Pensions Service and Money Helper to offer **free, clear, and impartial money guidance**. We offer calculators and interactive tools to help manage your **budget, loans, or debts**, alongside information about your **pension and benefits**: qmul.ac.uk/staff-wellbeing/financial-wellbeing



Health & Wellbeing

Wellbeing is the experience of **good mental, emotional and physical health**. For more information on physical and mental wellbeing assistance at QM: qmul.ac.uk/staff-wellbeing

You can also contact or make a referral to **Occupational Health**: hr.qmul.ac.uk/occupational-health



HR

QM's **HR A-Z Pages** provide information on a range of HR-related topics: hr.qmul.ac.uk/atoz

HR at QM is paperless: Payslips, P60s and other documents are available via MyHR: myhr.qmul.ac.uk



IT

For local IT support and **queries relating to your IT account or general QMUL computing services**, please contact IT Services:

- Phone: +44 020 7882 8888
- Live Chat: qmul.bomgarcloud.com
- IT Ticket Portal: helpdesk.qmul.ac.uk
- Email: servicedesk@qmul.ac.uk

