

# WHAT'S IN IT FOR ME?

## PUBLIC SECTOR EMPLOYEE ASSISTANCE PROGRAMME



As a public sector employee, you dedicate your time, energy and skills to serving our country. As such, Human Capital Development remains one of the primary focus of the Government of Jamaica (GOJ) as it seeks to build a workforce that is equipped personally, professionally and even emotionally to deliver excellent service. Through the Ministry of Finance and the Public Service's (MOFPS) ***Public Sector Employee Assistance Programme (PSEAP), the GOJ offers confidential mental wellness support services designed to help employees manage issues*** that may affect their job performance or psychological well-being.

Interested individuals can access the PSEAP services through an Entity Referral, Self-Referral, or by submitting a request via their Human Resources representative or designated officer. Requests can be made through the MOFPS Customer Support Portal or by contacting the PSEAP via email at [pseap@mof.gov.jm](mailto:pseap@mof.gov.jm), or telephone at (876) 932-5606/5029.

### WHAT YOU SHOULD REMEMBER:



The PSEAP is available to all public sector workers **FREE** of charge.



**Main services:** short-term individual counselling, group support or intervention sessions, mediation, presentations, and sensitisation.



The PSEAP offers a **safe and CONFIDENTIAL** space to support public servants.



Engaging in PSEAP services is entirely **voluntary**.



The PSEAP is not targeted towards treating or addressing major mental health issues or mental illnesses, but makes all efforts to assist and support as best as possible.

### WHAT'S IN IT FOR ME?



**The MOFPS Public Service Employee Assistance Programme is not just a resource; it's your right as a valued public servant.**



The Ministry of Finance and the Public Service is committed to holistically investing in a public sector workforce that is equipped to provide excellent service to all Jamaicans.