



**EMAP**  
EMPLOYEE & MANAGER  
ASSISTANCE PROGRAM

**IMMEDIATE ASSISTANCE**

in difficult life situations and crises:

**external, anonymous, free**

**HOTLINE**

**+49 800 387-7836\***



\* Free from landlines in Germany

**Advice for**  
**employees and executives**

**+49 800 387-7836\***

\* Free from landlines in Germany

[Beratung@fuerstenberg-institut.de](mailto:Beratung@fuerstenberg-institut.de)

[www.fuerstenberg-institut.de](http://www.fuerstenberg-institut.de)

A service provided by the Max Planck Society



**EMAP**  
EMPLOYEE & MANAGER  
ASSISTANCE PROGRAM

**IMMEDIATE ASSISTANCE**

in difficult life situations and crises:

**external, anonymous, free**

**HOTLINE**

**+49 800 387-7836\***



\* Free from landlines in Germany

**Advice for**  
**employees and executives**

**+49 800 387-7836\***

\* Free from landlines in Germany

[Beratung@fuerstenberg-institut.de](mailto:Beratung@fuerstenberg-institut.de)

[www.fuerstenberg-institut.de](http://www.fuerstenberg-institut.de)

A service provided by the Max Planck Society

# EMAP provides assistance with the following issues:

- **Occupational and job-related issues:**  
e.g. occupational stress situations and conflicts, coping with growing demands, change processes, decision making, time- and self-management
- **Health and mental issues:**  
e.g. states of stress and exhaustion, psychosomatic complaints, sleep disorders, risk of addiction and addiction
- **Personal issues:**  
issues that are affecting your activities in the workplace, such as work-life balance, partnership problems, coping with such crisis situations as illness, death, grief, financial difficulties, debts
- **Specifically for executives:**  
health-oriented leadership, dealing with employees suffering from psychological stress or at risk of addiction



Your contact person within the Max Planck Society for questions about EMAP:



**Anette Rapp**

Human Resources Development & Opportunities  
+49 89 2108-1510  
anette.rapp@gv.mpg.de

More information is available at:

<https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP.aspx>

and in English at:

[https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP\\_EN.aspx](https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP_EN.aspx)