

To assist with your human resources needs, you will find a variety of information throughout our website. Please visit our [HR FAQs](#) accessible via the quick links on the right to find answers to commonly asked HR questions. Please access the my.mun portal for HR forms.

Whether you are an employee or manager with questions about policies, services, benefits or career development, the trained professionals in the Department of Human Resources are here to help. Acting as our centralized hub for processing HR transactions and the initial gateway to HR solutions, MyHR is your first point of contact for most HR inquiries. To further assist in directing your inquiry, please refer to the contact table below:

St. John's Campus	All HR Inquiries, including Payroll Inquiries (with the following exceptions as noted below)	MyHR Live Chat via www.mun.ca/hr Email: myhr@mun.ca
	Ergonomic Assessment Requests	Ergonomist Tel: 709-864-4632 Email: ergonomics@mun.ca
	Employment Equity Inquiries	Employment Equity Tel: 709-864-2548 Email: equity@mun.ca
	Pension Calculation Requests	Pensions and Benefits Office Tel: 709-864-2745 Email: myhr@mun.ca
Grenfell Campus	All HR Inquiries	Human Resources, Grenfell Tel: 709-637-4097 or 709-637-6237 Email: hrrecruitment@grenfell.mun.ca
Faculty of Medicine	All HR Inquiries	Human Resources, Medicine Tel: 709-864-6414 Email: humanresources@med.mun.ca
Marine Institute	All HR Inquiries	Human Resources, Marine Institute Tel: 709-778-0397 Email: human.resources@mi.mun.ca