

## Emory Faculty Staff Assistance Program (FSAP) Services

### Resources for Emory University Faculty and Staff During Racial and Social Unrest

FSAP is here to provide services to faculty and staff who are experiencing a myriad of emotions and reactions during these turbulent times of racial and social unrest, especially related to the Derek Chauvin trial and verdict. Some of resources offered are delineated below. These services are *currently provided through Telemental Health Sessions via a HIPAA compliant Zoom platform and phone consultations.*

- Confidential comprehensive assessments for personal problems and work-related concerns that can impact one's day-to-day functioning, emotional and social wellbeing, and overall performance. *Appointments are available from 7:00 am – 6:00 pm Monday – Friday. Evening hours Monday-Thursday 6:00 pm – 8:00 pm.*
- Short-term Individual Counseling and Coaching
- Couples' Counseling, Parental & Family Consultations when the issues of social and racial unrest disrupt or cause concerns in the family unit
- Individual customized strategies for managing stress, anger, anxiety, change, frustration and to promote resilience and effective strategies for problem solving
- Leadership Consultations focused on facilitating referrals of faculty and staff to the FSAP
- Listening & Support Sessions (for Teams): This virtual group session facilitated by FSAP will engage work teams or departments in a dialogue about the impact of ongoing racial and social unrest. Participants will be invited to share reactions and challenges they are facing, as well as healthy coping strategies during this difficult time. FSAP facilitators will offer suggestions and resources for managing the effects these challenges, such as tips for emotional resilience, staying connected, team care and self-care.

*Business Hours Emergency Coverage* – Emory faculty and staff can speak with a licensed mental health professional when urgent issues arise during regular business hours (8:00 am – 5:00 pm).

*After-hours On-call Services* – An FSAP clinician is available after hours 24/7, on holidays and weekends, to consult with faculty and staff when emergency situations arise. Please call the FSAP main number at (404) 727-WELL (9355) and press 2 to be connected to the FSAP Answering Service, who will facilitate the connection to the on-call clinician.

As a reminder, FSAP services are available to Emory faculty, staff, and their benefits-eligible household family members. The FSAP Services are free, confidential and provided by a multi-disciplinary team of licensed mental health professionals.

Contact FSAP @ 404-727-WELL (9355)

or [efsap@emory.edu](mailto:efsap@emory.edu).

Learn more @ [www.fsap.emory.edu](http://www.fsap.emory.edu)

