Faculty Staff Assistance Program (FSAP) Services

Behavioral Health 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 in the Behavioral Health core service area are delineated below. These services are provided through Telemental Health Sessions via a HIPAA compliant Zoom platform and phone consultations.

- It is important to express and process your reactions and emotions, perspectives, and concerns during these turbulent times of social and racial unrest. FSAP provides:
  - 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.

- **Business Hours Emergency Coverage** – Emory faculty and staff members can speak immediately 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.

**Education & Outreach (E&O) Listening Sessions:**

**Listening & Support Session (for Teams) In Response to the Derek Chauvin Verdict**

This virtual group session facilitated by the Faculty Staff Assistance Program (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.