

Educational Workshops & Prevention Programs

FSAP offers a variety of webinars, workshops, and prevention programs. Online self-assessments, videos, and other resources are available on our website. Topics include, but are not limited to:

- Stress Resilience in Difficult Times
- Work-life Effectiveness
- Mindfulness Practice
- Anxiety Toolbox
- Refresh From Stress: 30-day Inspiration

Virtual Support & Telemental Health Services

The FSAP offers confidential telemental health services for counseling, coaching and consultation. These services are provided via video-conferencing, using a HIPAA-compliant platform, or telephonically.

Virtual sessions are easy to access through a laptop, smart phone, or tablet with video and microphone capability.

Limited in-person appointments are offered based on current safety protocols (i.e., masking and distancing may be required).



Need Services?

Contact FSAP to schedule an appointment, request services, or learn more.

Telemental health services are available for counseling, coaching and consultation.

Main location (limited appointments):

1762 Clifton Road, NE
Suite 1100
Atlanta GA 30322

Daytime Hours: Monday – Friday, 7 a.m. - 5 p.m.

Evening appointments are available upon request
Monday – Thursday.

Satellite locations (with limited hours of service by appointment only):

- Steiner Building at Grady Campus
- Oxford College (Oxford employees only)

404-727-WELL (9355)

efsap@emory.edu
www.fsap.emory.edu



Scan the QR Code
for more information.

The logo for the Emory Faculty Staff Assistance Program (FSAP). It features the word "EMORY" in white on a blue background, followed by "+YOU" in green with a white plus sign. Below this, the text "Your FSAP" is written in white on a green background. The logo is set against a background of a waterfall over rocks.

THE FACULTY STAFF ASSISTANCE PROGRAM

Life is... Challenging

The Faculty Staff Assistance Program (FSAP) is here to help you!

404-727-WELL (9355)
www.fsap.emory.edu





WITH CHALLENGE COMES OPPORTUNITY

FSAP: Your Link to a Healthier You

The Faculty Staff Assistance Program offers a variety of programs and services which promote emotional, behavioral, and organizational health.

Our services are:

- Free and confidential
- Provided by licensed mental health professionals
- Available to all benefits-eligible **Emory University** faculty, staff, physicians, and their immediate household family members starting at age 11
- Available for work teams as well as individuals
- Offered virtually and in-person (limited in-person due to COVID protocols)



Emotional & Behavioral Health

Good emotional health facilitates enjoyment of life, whether at work or play. Given ongoing uncertainty and challenges related to the COVID-19 pandemic, making time for self-care is vital. Along with physical, financial, and social health, utilizing FSAP's services can help you better manage life's challenges. FSAP offers:

- Confidential assessments and short-term counseling for individuals, couples, and families, up to 8 sessions per episode
- Targeted coaching for managing stress, conflict, anger, organizational change, uncertainty, etc.
- Parental consultations and coaching; and Pre-teen and Teen services
- Well-being Check-in consultations for emotional health
- Community referrals and resources
- Help in crisis situations (on-call services 24 hours/day)
- Support for substance abuse recovery

Physician Services

To support the unique issues and concerns faced by physicians (e.g., COVID-19 impact), FSAP offers customized physician coaching services, educational programs, and behavioral mental health services.

- Key areas of focus include: Emotional Well-being, Resilience, Burnout Prevention, Self-care, Professional Skills Enhancement, Addictive Behaviors and Suicide Prevention
- Targeted services for residents and fellows
- Customized services for faculty physicians based on stage of career trajectory
- Leadership consultations for GME Program Directors and faculty physician leaders



Team Services

FSAP can help you enhance and maintain effective team relations. We offer:

- Team Listening and Resilience Sessions
- Team support following traumatic circumstances (e.g., death of a coworker)
- Leadership coaching (conflict, change management, communications and team relations, etc.)
- Leadership consultations regarding team dynamics
- Mediation services and facilitated discussions
- Departmental designated liaisons