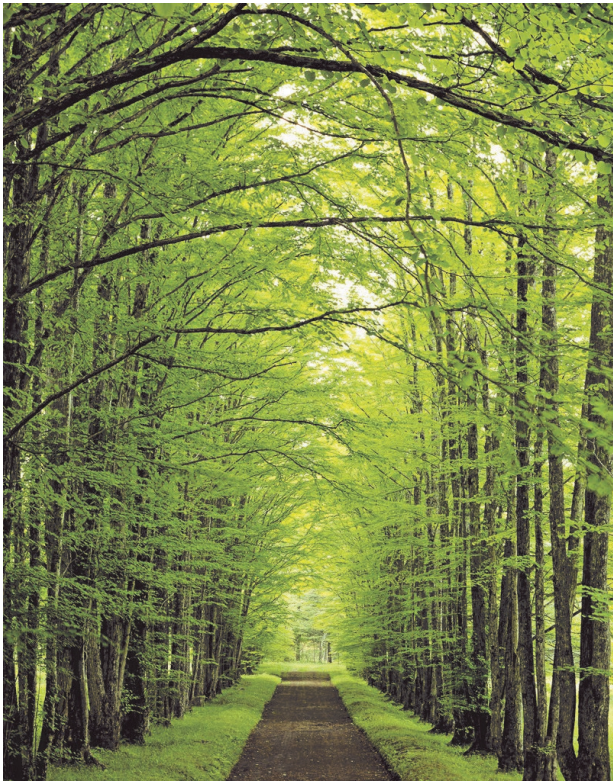


A Faculty & Staff Assistance Program for You and Your Family

Professional and confidential assistance for personal concerns such as:

- Alcohol/Drug Related Matters
- Marital/Family Problems
- Financial Difficulties
- Legal Concerns

Your Faculty & Staff Assistance Program provides a variety of services.



Confidentiality

Bilingual services

24/7 crisis hotline



Professional Resources

**(951) 781-0510 or
(800) 266-0510**

Faculty & Staff Assistance Program

Alcohol/Drug Related Matters

Marital/Family Problems

Financial Difficulties

Legal Concerns

Professional and confidential assistance for personal concerns

**(951) 781-0510 or
(800) 266-0510**

Your Faculty & Staff Assistance Program provides:

- Consultation regarding personal concerns
- Referral services
- Brief therapy
- Services for you and your dependents
- Daytime/evening/weekend appointments
- Multiple locations
- Professional, licensed staff
- Confidentiality
- Bilingual services
- 24 hr/7 day crisis hotline

Why a Faculty & Staff Assistance Program (FSAP)?

UCR is aware that personal problems may affect an employee's job performance.

Such problems may include:

- Credit or Financial Concerns
- Alcohol/Drug Abuse
- Divorce
- Stress
- Depression
- Family Problems
- Child and Elder Care Needs
- Parenting Issues
- Domestic Violence
- Legal and Medical Matters

UCR is also aware that sometimes people need assistance in finding the help to deal with these problems. By providing a Faculty & Staff Assistance Program, UCR encourages employees who may be having problems to seek professional help in a strictly confidential manner.

How Does a FSAP Work?

You, your spouse/domestic partner, your domestic partner, or your eligible dependents may contact an FSAP counselor directly.

You may also be requested to contact the FSAP by your supervisor.

Appointments are scheduled away from your place of employment to protect confidentiality. Assistance is available 24 hours a day, 365 days a year.

Will Services be Confidential?

Confidentiality is one of the most important aspects of the program. If you contact the FSAP directly, no one in the workplace will know about it – unless you tell them. If you call at the request of your supervisor, the FSAP staff member will (with your written consent) let him or her know if you agreed to accept the help that was offered. No information concerning the nature of the problem will be released without your written consent.

What Will It Cost?

There is no charge for you or your dependents for the first three meetings, per issue every six months. Many times a single phone call or meeting can provide the help needed. However, if it is determined that there is a need for further specialized assistance from other agencies, there may be a cost. These costs for additional assistance may be covered by group insurance. The FSAP staff person will assist you with these matters.

Who Provides These Services?

Professional Resources has been retained to assist you and your family in solving problems which affect your personal life and/or job performance. We will help you identify problems and locate services from other agencies if necessary.

Professional Resources utilizes licensed counselors and has been providing FSAP services since 1979. The trained and professional staff is experienced in working with people who find themselves facing normal but unexpected difficulties in their lives.

For further information, you may contact:

The Faculty & Staff Assistance Program
(951) 781-0510 or (800) 266-0510 OR

Your Department Chair or Supervisor OR

Academic Personnel or Human Resources
Department