

Here for You

An Introduction to Your Faculty & Employee Assistance Program



feap
Faculty & Employee
Assistance Program

Mission

To be the primary support resource for University of Virginia faculty and staff and the employees of our community partnerships seeking services for mental health and well-being in personal, professional, and organizational matters.



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At no cost, FEAP provides resources and short-term counseling services for you and your adult (18+) family members. All counseling is confidential.

Supervisors, managers, and University leaders can also use FEAP for consultation on how to best serve, support, and manage their employees through everyday concerns and challenging times.

FEAP has been operating for over 25 years and is committed to employee well-being!



Meet the FEAP Staff



Reasons You Might Make an Appointment with FEAP

Mental Health & Emotional Well-Being

- Depression
- Anxiety
- Grief and Loss
- Trauma
- Substance misuse

Stress and Life Management

- Stress Management
- Work/Life balance
- Midlife transition

Relationships & Interpersonal Issues

- Relationship Conflict including Couples
- Familial Conflict including Parenting
- Co-Worker conflict
- Separation & Divorce



FEAP FOR YOU PORTAL

This secure portal offers you robust resources—on-demand, self-guided support, including recorded webinars, virtual resource libraries, and articles.

[Learn More About FEAP for You](#)



EXPLORE **SUPPORT RESOURCES**

FEAP offers a comprehensive toolkit to support your well-being.

Click the tiles below to explore our many resources in the FEAP for YOU portal:



Virtual Resource Library

FEAP is pleased to share resources we have collected and created for your support.

[→ CLICK TO VIEW RESOURCE LIBRARY](#)



FEAP Well-Being Tools for You

Explore FEAP Tools for your flourishing.

[→ CLICK TO VIEW FEAP TOOLS](#)



FEAP Archive

Explore our archives, including our Tip of the Month Collection, past events, recorded webinars, and previous newsletters.

[→ CLICK TO VISIT OUR ARCHIVE](#)

THESE RESOURCES REQUIRE YOU TO LOG-IN THROUGH NETBADGE

Connecting with FEAP

Appointment:

Make an appointment on the [FEAP Website](#) or by phone 434-243-2643

Urgent Support:

Call: 434-995-8305 to reach Crisis Care Coordinator Rodney Diehl

After Hours Call: 434-243-2643

Visit:

Ivy Offices

350 Old Ivy Way

Charlottesville, VA 22903

UVA West Complex

1300 Jefferson Park Avenue, Suite 1982

Charlottesville, VA 22903

Thank You



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