

Subject: [Test]:Support in Unprecedented Times

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From: UVA FEAP

To: Fuller, Susannah E (sem5b)



Faculty & Employee ASSISTANCE PROGRAM

It is more apparent than ever that work and family life intersect and influence one another, shaping our experience of wellbeing. FEAP is here to support you in both areas, with counseling for a variety of personal issues as well as support and guidance on work issues for front line employees, supervisors, and leaders. As always, FEAP services are free and confidential, and include assessment and referral, short term counseling, consultation and coaching, support groups, and education. We invite you to [explore our offerings](#) or [schedule a 1:1 appointment](#).

Yours in wellbeing,
Beth Danehy, Director, FEAP

EXPLORE FEAP

TIP OF THE MONTH

NAVIGATING RELATIONSHIPS DURING CHALLENGING TIMES

Assessing where you are on the Relationship Stress Continuum Scale can help you to decide how to incorporate valuable tools to increase satisfaction and support a healthy and enduring connection with your partner. Ensuring good mental and physical care and meaningful communication, and increasing emotional and physical intimacy and financial stability are ways to strengthen your most enduring relationships.

READ MORE

EVENTS

CONNECT FOR SUPPORT - EMPLOYEE FOCUS

With so much stress and uncertainty resulting from the continual change and turbulence surrounding us in this time, we invite employees in the Academic Division and members of UVA Health to join one of our 30 minute drop-in sessions over Zoom where we will support one another and discuss coping strategies.

[Learn more and register for a session](#)

CONNECT FOR SUPPORT - MANAGER FOCUS

With the pressure of supporting yourself and members of your team, we invite all managers in UVA Health and in the Academic Division to join one of our 30 minute drop-in sessions over Zoom where we will focus on support for your role and discuss resources available for assistance.

[Learn more and register for a session](#)

BUILDING A BRIDGE TO ENDURING HEALTHY RELATIONSHIPS

In this live webinar, you will learn powerful relationship tools that can help you uncover the true potential of your most sacred relationships.

[August 6, 3:30 pm and August 19, 12:00 pm](#)

DO GOOD, FEEL GOOD: THE POSITIVE IMPACT OF HELPING OTHERS

In this live webinar, we will discuss new research regarding the positive impact of altruism on life satisfaction, happiness, and social wellbeing, and learn how to incorporate altruism and kindness into your daily life.

[September 9, 12:00 pm and September 22, 3:30 pm](#)

[VIEW ALL EVENTS](#)

ASSISTANCE MEETING BASIC NEEDS

The Employee Community Resources Service is here to assist UVA employees who need help meeting basic needs, or who would benefit from additional budgeting and personal finance strategies. Personalized and confidential counseling sessions will assist employees in navigating the entire process of receiving help that they need from local partners.

[LEARN MORE](#)

VIRTUAL SUPPORT

FEAP has collected and created a wide variety of resources in support of your mental and emotional self. We encourage you to explore our libraries.

COVID-19 Resources

Social Injustice Resources

UVA Faculty & Employee Assistance Program

Contact Us

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