

Subject: [Test]:FEAP Supports You - June News

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From: UVA FEAP

To: Fuller, Susannah E (sem5b)



Faculty & Employee ASSISTANCE PROGRAM

FEAP is your partner, here to support you during times of distress and uncertainty. We understand many are experiencing stress, grief, and mental health symptoms as a result of the myriad adjustments the pandemic is demanding; the potential health risks of COVID-19; financial insecurity; and the latest alarming events which have exposed long standing racial injustices and led to social unrest and action. FEAP services are free and confidential, and range from assessment, short term counseling, referrals, consultation, support groups, and education. We invite you to [explore our offerings](#) or [schedule a 1:1 appointment](#). Even if you do not personally access these services, being knowledgeable of them can equip you to help support others.

Yours in wellness,
Beth Danehy, Director, FEAP

EXPLORE FEAP

TIP OF THE MONTH

LEARN MORE ABOUT COPING AND WHAT STAGE YOU ARE IN

Coping is often not a linear process and most people find they respond differently to various triggers at various different times. Ensuring self-care, accessing support, and strengthening coping strategies will help you adapt and build resilience.

READ MORE

EVENTS

Coffee Talk: The Practical Wisdom of an Inner Energy Guide

Learn more about monitoring your own inner energy gauge and ways to refuel.

[June 26, 10 am](#)

Building a Bridge to Enduring Healthy Relationships

In this Hoos Well Reward-Eligible online seminar, 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](#)

[VIEW ALL EVENTS](#)

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](#)

434.243.2643

1300 Jefferson Park Avenue

Charlottesville, VA 22908

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