A Resource for Cornell Staff

SOMETIMES LIFE AND WORK ARE STRESSFUL. WE CAN HELP.

Most challenges that come our way we manage alone, or with help from family, friends, and co-workers. Sometimes, however, solutions are hard to find, and we need another perspective. FSAP’s professional staff offers free and confidential guidance and support to benefits-eligible employees (faculty, staff, postdocs, visiting scholars, retirees) and their partners to address issues affecting their personal lives and/or job satisfaction or performance. Examples of concerns include:

- Personal life changes
- Family or relationship issues
- Alcohol and drug use
- Work-related concerns
- Adjusting to change or loss
- Mental health issues
- Conflict resolution

OUR PROVIDERS APPRECIATE AND SUPPORT CORNELL STAFF MEMBERS

Cornell staff represents a wide range of experience and knowledge that sustains the life of the university. Their talents, energies, and commitment, serve Cornell’s people, animals, facilities, infrastructure, and far-reaching mission. FSAP counselors recognize and appreciate the challenges staff may face at work. Also, they understand the variety of concerns and dilemmas staff members encounter within their personal lives.

CONFIDENTIAL SUPPORT FOR PERSONAL, FAMILY, AND WORK STRESSORS

FSAP is committed to maintaining your privacy. FSAP providers maintain strict confidentiality as a matter of professional ethics and NY State law. Furthermore, FSAP records are separate from all other university records, and are not included in personnel files. The use of FSAP services will not affect one’s job security or future promotions. Services include:

- Personal consultation and needs assessment for a variety of issues
- Short-term counseling provided by licensed mental health professionals with significant experience as therapists, educators, and consultants
- Crisis response and community support
- Information about and referral to campus resources and community services including private practitioners
- Consultation with administrators, managers, and others who are concerned about a workplace situation

WE’RE HERE FOR YOU: BY PHONE, ONLINE, AND IN PERSON

Our website includes information written especially for staff, as well as more general information about services and resources. During business hours, M-F, you may schedule an appointment by phone. Initial appointments (offered by phone and in person), are typically scheduled within 3 days, and allow for a review of individual needs, available resources, and scheduling of further services. In-person appointments take place in our Collegetown office.

FSAP partners with Gannett Health Services to provide professional phone consultation when the FSAP is closed. This ensures that you can speak confidentially with a licensed counselor or health care provider any time 24/7.

<table>
<thead>
<tr>
<th>Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-person consultation</td>
</tr>
<tr>
<td>Monday-Friday</td>
</tr>
<tr>
<td>8:30 am-5:00 pm</td>
</tr>
<tr>
<td>24/7 phone consultation</td>
</tr>
<tr>
<td>607-255-2673</td>
</tr>
</tbody>
</table>

Faculty and Staff Assistance Program
312 College Avenue, Suite A
Ithaca, NY 14850
www.fsap.cornell.edu