FSU offers an Employee Assistance Program (EAP) because:

FSU is committed to improving the well-being of its employees through a program that provides help in dealing with personal and/or workplace difficulties. FSU values you as a person as well as the work you do. Therefore, a complete program is provided to give you the help you need, when you need it.

The Employee Assistance Program offers:

- Brief Counseling/Intervention for employees
- Supervisor Consults
- Emergency Loan Fund (ELF)
- Organizational Development
- Mediation Program
How Can These Services Help Me?

- Brief Counseling/Intervention

  The EAP is confidential and provides problem evaluation, brief intervention, referral (if needed) and follow-up services to help FSU employees deal with:

  - Marital and family conflicts
  - Job Stress
  - Parenting
  - Anxiety/depression/anger
  - Relationship issues
  - Physical/sexual/emotional abuse
  - Financial difficulties
  - Alcohol and drug abuse
  - Separation/divorce
  - Eating disorders
  - Grief/loss issues
  - Communication problems

How Can These Services Help Me?

- Supervisor Consulțs
  - To address employee job performance issues
  - Provide problem resolution/ enhance supervisory skills
  - Strengthen workplace relationships

- Emergency Loan Fund (ELF)*
  - To qualify, employees must meet all criteria, including completion of 12 months continuous service at FSU

How Can These Services Help Me?

- Organizational Development: Training and workshops

- Mediation Services:

* Employee Assistance Program
  - Designed to help employees and families with a wide range of issues.
Eligibility and Costs:

EAP services are free to:
- All FSU employees
- Their dependents
- Their immediate family members
  (Spouse/partner, children or family members living in the same household as the employee).

NOTE: Dependents and/or immediate family members may be accompanied by employee or contact us on their own.

If and when a referral is made to an outside agency, we make every effort to obtain the best care at the best price. Health insurance often covers referral resources (e.g., inpatient/outpatient care in private or public treatment facilities).

Sometimes a department head or supervisor might provide you with a referral or suggest our services to assist you in resolving any personal difficulties that may be affecting your job.

However, sessions are strictly confidential and your privacy is rigidly protected. No information can be released to anyone without your consent.

Help is ready and available!

Jim Bramblett, Ph.D, LMHC, CEAP - Director
Melissa Bolen, Ph.D, LMFT, CEAP - Clinical Coordinator
Kyle Caswell, MS, LMHC, MCAP - EAP Counselor

We are located at 937 West Jefferson Street
To schedule an appointment, call us at (850) 644-2288
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For more details, visit our website: https://eap.fsu.edu/