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Employee Assistance Program

Help. When you need it.



Employee Assistance Program (EAP)
Division of Finance and Administration
New Employee Online Orientation




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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.



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The Employee Assistance Program offers:

- Brief Counseling/Intervention for employees
- Supervisor Consults
- Emergency Loan Fund (ELF)
- Organizational Development
- Mediation Program

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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

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How Can These Services Help Me?



Supervisor Consults

- 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

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How Can These Services Help Me?

Organizational Development: Training and workshops

Team Building





STRESS MANAGEMENT

Compassion Fatigue

Mediation Services:

CONFLICT RESOLUTION

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EAP

Eligibility and Cost:

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)

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EAP

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.



Employee Assistance Program Services
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EAP

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
Fax: (850) 644-1043

For more details, visit our website <https://eap.fsu.edu/>

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