



**Serving UCSD, an equal opportunity employer**

*The UC San Diego Faculty and Staff Assistance Program (FSAP) is a confidential assessment, counseling, and referral service provided by UC San Diego to assist campus faculty and staff, Postdoctoral and Visiting Scholars, UC San Diego emeriti and retirees. This service provides a local, no-cost opportunity for UC employees and retirees to resolve personal and work-related concerns, to find effective referrals to community and health plan providers, and to increase their levels of work/life balance and job satisfaction.*

**COMMON CONCERNS INCLUDE:**

- Couples counseling
- Workplace violence prevention
- Management consultations
- Work/life balance
- Eldercare and family caregiving
- Substance abuse recovery support
- Supervisory training
- Tenure/academic life pressures
- Financial and legal difficulties
- Crisis resolution and debriefings
- Behavioral health education
- And more!

**WHAT CAN I EXPECT?**

At FSAP, a licensed professional or supervised counselor will meet with you to hear your concerns and explore solutions. Following the first assessment, a plan of action will be recommended that may include continued visits, referrals to outside providers, or combined support from various Human Resources units, if a team approach would be helpful. Many benefit from three to five visits; but, treatment plans are flexible and client-centered. Appointments are voluntary and typically last about 50- 60 minutes. Service are provided via HIPAA-compliant Zoom.

**SUPPORT FOR CAMPUS LEADERS**

Professional consultations with faculty, managers, and supervisors may focus on increasing leadership abilities and strategic decision-making, and support for leaders to better encourage their staff to optimal performance. Faculty, managers, and supervisors often benefit from one to three visits. Consultations might also result in an FSAP counselor being invited to the department or lab to further support organization development or provide psycho-educational workshops.

**FSAP IS A GREAT UC BENEFIT**

FSAP is a free benefit for all campus UC employees and retirees. Clients are not labeled with mental health diagnoses, nor are any reports made to health care companies. All FSAP clients may freely access services knowing that their well-being is our focus.

**FSAP IS STRICTLY CONFIDENTIAL**

Clinical records are kept within the program and will not be released without written consent. Information regarding participation in any FSAP program is never placed in personnel or departmental files, and receiving FSAP assistance will in no way jeopardize career opportunities.

CONTACT:  
(858) 534-5523  
<http://blink.ucsd.edu/go/fsap>

<http://blink.ucsd.edu/org/hr>

Updated 9/2023

*For questions, please call (858) 534-5523  
or e-mail [fsap@ucsd.edu](mailto:fsap@ucsd.edu)*

*To make a confidential appointment or consultation, use SSO at:  
<https://blink.ucsd.edu/HR/services/support/counseling/appointment.html>*

*Se Habla Español*