Faculty/Staff Assistance

Who is Eligible?

Faculty, staff, retirees, and their household members are eligible at no cost.

Release time will be granted for your first appointment. Contact your HR department for specific details.

CONFIDENTIALITY

All client information is completely confidential and will not be released without your written permission unless required by law. Utilization of FSAWS services will not become part of your personnel file and will not affect your job security or future career opportunities and promotions.

Monday - Friday
8:00 a.m. - 5:00 p.m.

Advanced Computation Building
1011 W. Springfield Ave.
Urbana IL 61801

Faculty/Staff Assistance
Please call for appointments:
(217) 244-5312
For our Crisis Line call:
(217) 244-7739
Well-Being Services:
(217) 265-9355

fsas@illinois.edu
wellbeing@illinois.edu

Scan Me

FACULTY/STAFF ASSISTANCE & WELL-BEING SERVICES

Our organization is dedicated to providing professional, confidential assistance to university employees, retirees, and their families, while also offering a wide array of well-being services and programs.



Illinois Human Resources
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Faculty/Staff Assistance

Faculty/Staff Assistance is dedicated to providing professional, confidential assistance to all university employees and their families who may be experiencing personal and/or professional difficulties.

We offer assessments, short-term counseling, crisis services, and referrals to appropriate resources. Additionally, we provide consultation to supervisors, directors, and department heads currently in the development and maintenance of positive work environments.

OUR SERVICES

We can help you address any of the following issues:

- Emotional or Psychological
- Work-Related
- Relationship, Couples, Family, and Parenting
- Alcohol, Drug Abuse, and Other Addictions
- Faculty/Staff Emergency Fund
- Organizational Stress

Well-Being Services

Well-Being Services offers encouragement and support for faculty and staff seeking to create and maintain sustainable, healthy habits. Discover more about the dimensions of wellness through a holistic and comprehensive approach and participate in activities, challenges, and programs created with you in mind.

Who We Are and What We Do

Supporting good mental health and well-being at work builds an environment and workforce that is optimistic, purpose-driven, and resilient. Well-Being Services empowers the Illinois community to incorporate healthy practices daily, creating a culture of wellness that embraces healthy lifestyle choices, supports personal and professional growth, and enhances mindfulness. Through these supportive services, faculty and staff attain successful and fulfilling studies, careers, and lives.

Wellness means something different to everybody, which is why we offer services in all eight dimensions. Designed to serve the whole person, our programs respect individual needs by seamlessly incorporating cultural, social-economic, and ability level factors into each program creation and resource decision.