

Faculty/Staff Assistance

Who is Eligible?

Faculty, academic professionals, retirees, and staff employees (including family members and significant others who reside in an employee's household) are eligible.

Release time will be granted for your first appointment. Contact your 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

Faculty/Staff Assistance and 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.



Scan Me



**Illinois Human
Resources**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Faculty/Staff Assistance

The Faculty/Staff Assistance staff 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



Couples, Relationship, Family, and Parenting



Alcohol, Drug Abuse, and Other Addictions



Faculty/Staff Emergency Fund



Organizational Stress



Well-Being Services

Good health is more than the absence of illness but is rather a dynamic state of well-being that acknowledges the importance and inseparability of the seven dimensions of wellness. We provide services, programs, and support to help you be your best.

Who We Are and What We Do

Well-Being Services empowers the Illinois community to incorporate healthful practices into their lives and helps create a culture of wellness that supports healthy living, personal growth, and enhanced quality of life. We help faculty and staff attain successful and fulfilling studies, work, and life. Well-Being Services provides a wide array of life enhancement services and programs.

We seek to serve the whole person by creating and offering services in all dimensions of wellness. We respect that people's wellness needs vary according to many factors, including their culture and background, personal resources, and how ready they are to make health decisions or change health habits.