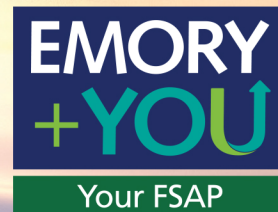


# Well-being Check-in

For Emory University Faculty and Staff



Life is both rewarding and challenging. Focusing on your own self-care can make a big difference in helping you maintain a sense of joy in your life.

Emory University's **Faculty Staff Assistance Program (FSAP)** offers benefits-eligible employees an opportunity to get a quick and easy **well-being check-in**. The check-in is designed as a preventive program that can help you:

- Navigate relationships
- Prevent burnout and manage stress
- Cope with social issues which trigger stress and anxiety
- Manage transitions
- Manage time effectively
- Develop your own individualized action plan

**HOW IT WORKS:** Once you schedule your appointment, you'll take a 15-minute online screening (at least 2 days prior to your appointment). Then, you'll receive a 45-minute, one-on-one, virtual consultation with one of FSAP's licensed mental health professionals. The session is confidential and offered at no cost to employees.



## ||| MAKE AN APPOINTMENT

To schedule a well-being check-in, contact FSAP by calling (404) 727-WELL or emailing [efsap@emory.edu](mailto:efsap@emory.edu).

## ||| RAFFLE DRAWING

If you participate in a well-being check-in between Jan. 1 and Nov. 15, 2025, you will have the opportunity to submit your name into a raffle drawing for a chance to win one of the following:

- 30-minute massage
- 30-minute personal training session
- \$25 gift card
- One month membership to an Emory fitness facility