

Physician Services

To support the unique issues and concerns faced by Emory's physicians, FSAP offers customized physician services, educational programs, and behavioral mental health services. Areas of focus include:



- Emotional well-being, resilience, burnout prevention, self-care, professional skills enhancement, addictive behaviors, and suicide prevention
- Targeted services for residents and fellows
- Focused services for faculty physicians based on stage of career trajectory
- Leadership consultations for GME program directors and faculty physician leaders

Team Services

FSAP can help you enhance and maintain effective team relations and team care with:



- Team listening and resilience sessions
- Team support following traumatic circumstances (e.g., death of a coworker)
- Leadership coaching (conflict, change and transition, communications, team issues, etc.)
- Leadership consultations regarding team dynamics
- Mediation services and facilitated discussions



Need Services?

Contact FSAP to schedule an appointment, request services, or learn more. FSAP offers confidential telemental health services for counseling, coaching and consultation. These services are provided via a HIPAA-compliant video conferencing platform, or telephonically. Virtual sessions are easy to access through a laptop, smart phone, or tablet with video and microphone capability. In-person services are also available on Tuesdays and Thursdays.

Main location:

1762 Clifton Road, NE, Suite 1100
Atlanta, GA 30322

Satellite location:

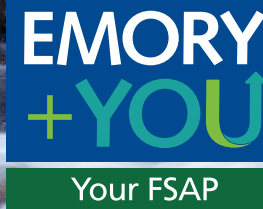
(by appointment only)
Cox Hall, Room 356

Hours:

Day: Monday – Friday, 7 a.m. - 5 p.m.
Evening: Monday – Thursday, by appointment



404-727-WELL (9355)
efsap@emory.edu
www.fsap.emory.edu



THE FACULTY STAFF ASSISTANCE PROGRAM

Life is... Challenging

The Faculty Staff Assistance Program (FSAP) is here to help you!

404-727-WELL (9355)
www.fsap.emory.edu



WITH CHALLENGE COMES OPPORTUNITY

Let's face it. Life doesn't always go as planned. If you find yourself struggling with life's challenges, the Faculty Staff Assistance Program (FSAP) can help you. FSAP offers many programs and services to assist in strengthening your emotional and behavioral health.

FSAP's services are:

- Free and confidential
- Provided by licensed mental health professionals
- Available to all benefits-eligible, Emory University faculty, staff, physicians, and their benefits-eligible family members (starting at age 11)
- Available for work teams as well as individuals
- Offered both virtually and in-person

Emotional & Behavioral Health

Good emotional health means experiencing a more fulfilling life, whether at work or play. Making time for self-care is vital. FSAP can help you better manage life's challenges with:

- Confidential assessments and short-term counseling for individuals and couples (up to 8 sessions per episode)
- Targeted coaching for managing stress, conflict, anger, change, communications, uncertainty, etc.
- Parental consultations and coaching; and preteen and teen services
- Well-being check-ins for faculty, staff, residents, and physicians
- Community referrals and resources
- Help in crisis situations (on-call services 24 hours/day)
- Support for substance abuse recovery

Education, Outreach & Prevention

FSAP offers a variety of webinars, workshops, and prevention programs. Online self-assessments, videos, and other resources are available on the FSAP website. Topics and programs include, but are not limited to:

- Stress management and resilience
- Work-life effectiveness
- Practicing mindfulness and relieving anxiety
- Breaking the burnout cycle
- Prioritizing emotional well-being

FSAP...
your link
to a
healthier
you