



Prioritizing Your Well-being

Dear Faculty and Staff,

As we navigate the complexities of this academic year, it is important to remember that your well-being is a top priority for the Faculty Staff Assistance Program. We want to remind you that you're not alone. FSAP is here to support you. Our free and confidential services include a variety of resources designed to help you manage stress, anxiety, and other challenges you may be facing. Here are 7 quick and easy ways to take care of yourself by engaging with the FSAP:

1. Get a **[Wellbeing Check-in](#)**. Meet with an FSAP clinician for an individual consultation to gauge your emotional health and identify strategies for enhancing your resilience. Call FSAP at 404-727-9355 to make an appointment.
2. Join a **[Midweek Mindfulness Meditation](#)**. Sessions occur every Wednesday at 12pm. Learn and practice strategies for staying centered and reducing stress. Even if you can't stay for the whole session, log in for 5 or 10 minutes. Some mindfulness practice is better than no mindfulness practice at all! **[Click here to attend the session now](#)**. **[Click here to learn more](#)**.
3. Access the **FSAP Refresh Video Series**. Select a video and start your own guided mindfulness session. We have curated short meditations to get you through your workday and beyond. **[Click here to choose a video now](#)**.
4. Complete the **[Anxiety Toolbox Course](#)**. This 3-session self-guided course provides practical strategies and resources to help you prevent and manage anxiety. Complete the course at your own pace. **[Click here to sign-up](#)**.
5. Take an **Online Mental Health Screening**. This quick, anonymous, and confidential screening can help you determine if you should connect with a mental health professional. Immediately following the screening, you will see your results, recommendations, and key resources. **[Click here to take a screening](#)**.

6. Access 24/7 support. Our **Emergency on-call services** are available around the clock, ensuring that you have access to help whenever you need it most. Contact us at 404-727-(WELL) 9355. After hours, select “2” to connect to on-call services.
7. **Learn more** about FSAP. To get started [watch our short video](#), and [visit our website](#).

Our team is here to answer your questions and guide you through the available options. Remember, seeking help is a sign of strength and we encourage you to take advantage of these valuable resources. Your well-being matters so take care of yourself.

Warm regards,

Your FSAP



How can FSAP help you?