



## A Resource for Cornell Faculty & Staff

### SOMETIMES LIFE & WORK ARE STRESSFUL. WE CAN HELP.

Most challenges that come our way we manage alone, or with help from family, friends, and co-workers. Sometimes, however, solutions are hard to find, and we need another perspective. FSAP's professional staff offers free and confidential services to benefits-eligible employees (faculty, staff, postdocs, visiting scholars, retirees) and their partners to address issues affecting their personal lives and/or job satisfaction or performance. Examples of concerns include:

- Personal life changes
- Family or relationship issues
- Adjusting to change or loss
- Alcohol & drug use
- Work-related concerns
- Mental health issues
- Conflict resolution

### OUR PROVIDERS UNDERSTAND THE CORNELL CULTURE & LOCAL COMMUNITY

Each year, FSAP provides free counseling services to hundreds of faculty and staff. FSAP counselors are well-acquainted with Cornell's academic and work cultures. They recognize the challenges employees often face while pursuing their personal and professional goals.

### CONFIDENTIAL SUPPORT FOR PERSONAL, FAMILY, & WORK STRESSORS

FSAP is committed to maintaining your privacy. FSAP providers maintain strict confidentiality as a matter of professional ethics and NY State law. Furthermore, FSAP records are separate from all other university records, and are not included in personnel files. The use of FSAP services will not affect one's job security or future promotions. Services include:

- Personal consultation and needs assessment for a variety of issues
- Information about and referral to campus resources and community services including private practitioners
- Counseling provided by licensed mental health professionals with significant experience as therapists, educators, and consultants
- Consultation with administrators, managers, and others who are concerned about a workplace situation
- Crisis response and community support

### HOW TO ACCESS FSAP SERVICES

Our website ([fsap.cornell.edu](http://fsap.cornell.edu)) includes helpful information about services and resources. During business hours, M–F, you may schedule an appointment by phone. Initial appointments (offered by phone and in person), are typically scheduled within 3 days, and allow for a review of individual needs, available resources, and scheduling of further services. In-person appointments take place in our Collegetown office.

If you have an urgent concern when we're closed, your call will be answered by the Cornell Health on-call service, staffed by health care professionals who can provide confidential consultation and advise you about other after hours resources.

### Contact FSAP

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In-person consultation  
M, Tu, Th, F 8:30 am–5:00 pm  
(W: 10:30–5:00 pm)

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24/7 phone consultation  
for urgent matters: 607-255-2673

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Faculty & Staff Assistance Program  
312 College Avenue, Suite A  
Ithaca, NY 14850

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[fsap.cornell.edu](http://fsap.cornell.edu)

