

ComPsych FSAP Plan Overview Workshop

The University of California, Riverside has partnered with ComPsych®, the Faculty Staff Assistance Program (FSAP) provider. ComPsych offers GuidanceResources® services whose benefits provides UCR faculty, staff and their household family members confidential support, resources and information for personal and work-life issues.



Please join us for an
informative plan
overview presentation:

 **DATE:**
Tuesday, October 1, 2024

 **TIME:**
11:00 am to 12:00 pm

 **ZOOM:**
<https://ucr.zoom.us/j/9041473038>



CONFIDENTIAL EMOTIONAL SUPPORT

Highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



ONLINE SUPPORT

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



If you have any questions, please email the Benefits Office at benefits@ucr.edu