

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:

Wednesday, August 26, 2026



TIME:

10:00 am to 11:00 am



VIRTUAL:

Zoom



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



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

