

LifeSolutions Faculty and Student Assistance Program (FSAP) Overview of Services



FSAP can help with the challenges of today

- Stress, anxiety or depression
 - COVID19
 - Election Stress
 - Resuming School
 - Food Insecurity
 - Social Injustice and Racial Inequality
- Parenting Resources
- Caregiving Support
- Career Guidance and Support
- Financial Worries
- Overuse of Alcohol
- Grief and Loss
- Work-Related Challenges
- Working Remotely



LifeSolutions FSAP

- Available at no cost
- Private and confidential
- Available to you and anyone living under your roof
- Also included are:
 - Dependents living away from home (up to age 26)



Consultation and problem-solving

- Identifying options and coaching for success
- Exploring career paths
- Short-term counseling available in person, by telephone, or via live video
- Counselors can provide community referrals and information to address many everyday concerns



Connect with Community Resources

- Find options for children: daycare, sitters, tutors, educational programs, nannies, in-home options, etc.
- Help for older loved ones: home care, assisted living, nursing homes, medications, assistance with medical costs, legal documents
- Utility, rent, and food assistance
- Pet sitters
- Home improvement contractors
- Support groups
- Volunteer opportunities

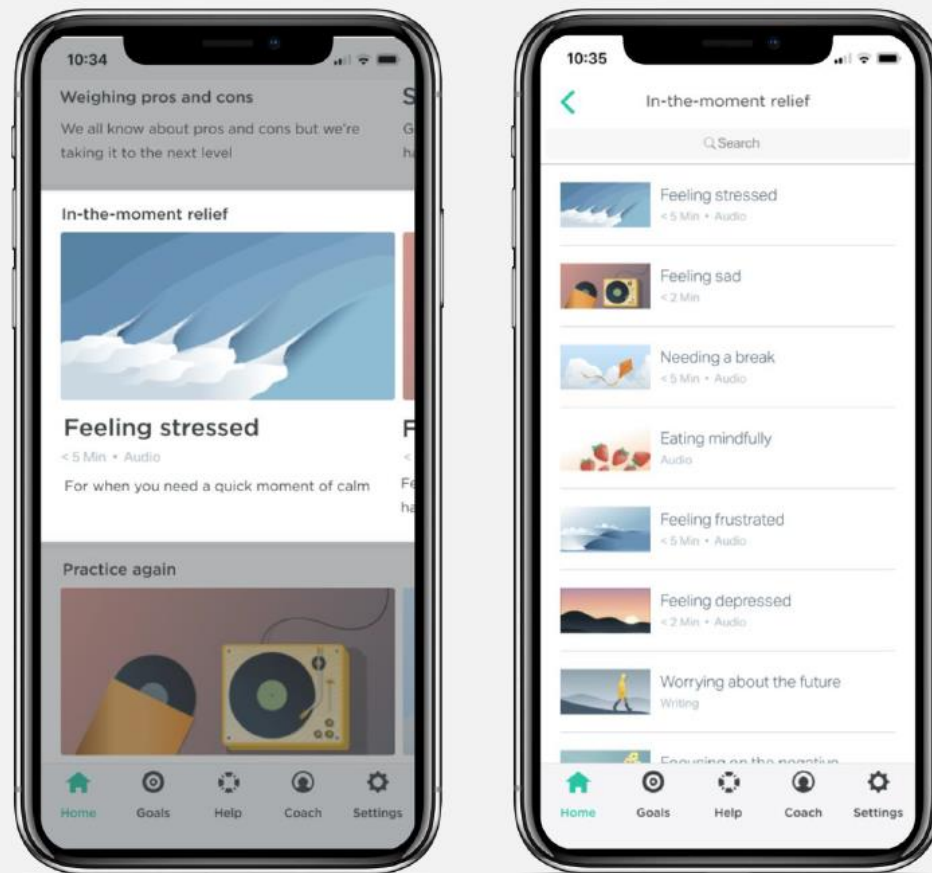


Financial and legal services

- Legal consultations for landlord/tenant issues, real estate transactions, bankruptcy, child custody and other family matters, estate planning, immigration, and criminal matters.
- Advanced directives, wills, and other legal forms
- Professional financial assistance with managing debt, credit counseling, student loans, mortgages, retirement planning, and hardship.



Mobile App Resource



- Help calm your mind and body whether you're feeling anxious, stressed, or sad, the RxWell mobile app has a path for you. The app's techniques can help you overcome common barriers to living your best life.

Life Solutions

Faculty & Staff Assistance Program

Life Solutions is the University of Pittsburgh's Faculty and Staff Assistance Program that provides a broad range of services to assist University employees and their household members to balance work and the stresses of daily life. Life Solutions offers personalized care services, 24-hour support, online resources and tools, and more, all at no cost to you. Life Solutions services include:



- Personalized Work Life Referrals
- Online Work Life Resources
- Crisis 24/7 Contact Information
- Counseling and Coaching Services
- Disability and Family Medical Leave Outreach

Contact Life Solutions

You can speak with a Life Solutions specialist in-person, through video, or by telephone. To speak with a specialist, or to schedule an in-person appointment, call **1-866-647-3432**.



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Questions? Call Us: 1-866-647-3432
Request Call: [Click Here](#)

NEWS ALERT West Coast Wildfires

Featured this month: Smart Saving Webinar Quick Tip More Resources

COVID-19 Resource Center go

Child Care go

Financial more

LifeSolutions Webinar Series go

Grief Support go

Skill Builders go

Webinars go

Resilience go

Financial Fitness Center

Mindfulness

Relationships

Legal

Online Resources



- An engaging, interactive program that will help you navigate life's challenges using 5 key components of resilience:
 - Finding your purpose
 - Self-reliance
 - Perseverance
 - Balance
 - Recognizing your worth



- Complete a short 10-minute Financial Fitness CHECKUP™ and access an online library of interactive tutorials to help you get instant, unbiased answers to all your common questions about money!

Wellness Webinars

Monthly online seminars to help you grow in your professional and personal life. Webinar topics include:

- Some examples include:
 - Diversity in the workplace
 - The Thriving family: raising resilient kids
 - Dealing with grief and loss
 - Resilience in times of change
 - Stress relief for caregivers
 - Budgeting basics



Skill Builder Courses

Self-paced, 45- to 60-minute courses

- Some examples include:
 - Balancing work and family
 - Choosing a childcare provider
 - Personal financial planning
 - Stress management
 - Valuing diversity
 - Emotional intelligence
 - Appreciating personal differences
 - Managing change
 - Building a successful team
 - Managing a virtual office
 - Time management
 - Creative problem solving



Workplace Trauma Support

Disruptive Event Management (DEM)

- Team of professionals trained in crisis response available to provide consultation and support in the event of:
 - Pandemic
 - Social Injustice/Civil Unrest
 - Employee Death
 - Patient/Client/Student Death
 - Workplace Violence
 - Reduction in Force
 - Terrorist Attack
 - Mass Shooting
 - Natural Disaster
- Group and individual support.
- Connection to resources.
- Follow-up to support resilience.
- Coordinated through leadership.

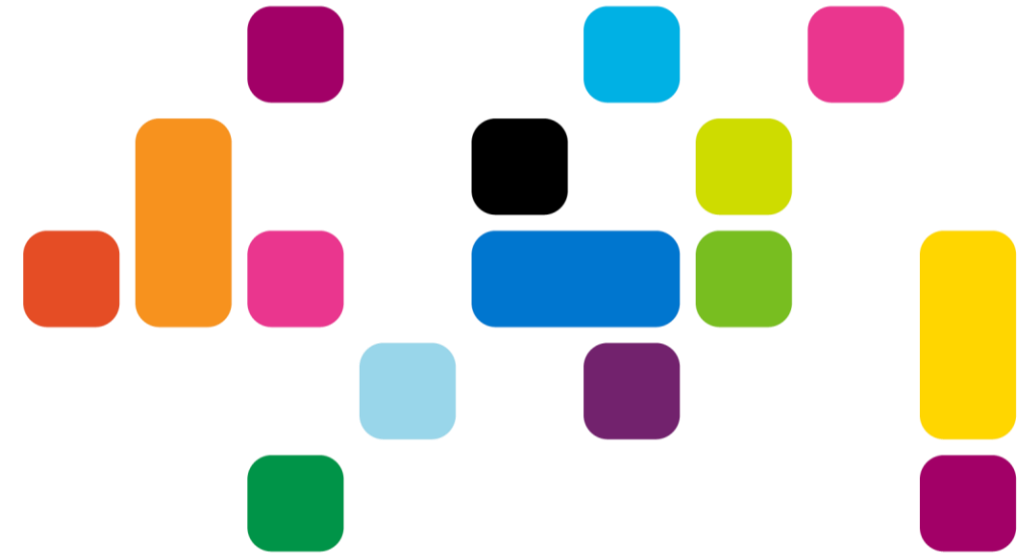


How to contact the FSAP

- Call 1-866-647-3432 (TTY: 711)
- Call 24/7 for crisis assistance.
- Or visit hr.pitt.edu/lifesolutions



LifeSolutions FSAP
1-866-647-3432 (TTY: 711)
lifesolutions@upmc.edu



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