

EAO Supervisor Newsletter- December Issue

Happy holidays from the Employee Assistance Office! We truly value the hard work and contributions made by every UW employee this year. As we reflect on 2021 and enter a new year, we want to remind you of the different ways that the EAO can support you and your coworkers.

The Employee Assistance Office offers the following services to employees:

1:1 Personal Counseling

The EAO offers 1:1 counseling appointments for work-related or personal issues, as well as short-term mental health support for issues like stress, anxiety, depression, grief, or trauma. We can assess the situation, provide resources, and help you determine next steps to proceed forward. EAO counseling is always free and confidential. UW employees, graduate students, and family members can reach out to the EAO for counseling support.

Management Consultation

EAO counselors work with managers to provide confidential support and consultation when challenges arise in the workplace. We provide confidential and objective guidance to help navigate things like conflict and challenging employee situations, change and transition in the workplace, and improving communication in the workplace.

Presentations

Our counselors can develop presentations tailored to the needs of your unit or working group. We have presented on a diverse variety of topics, including EAO overview of services, stress management, workplace communication, suicide prevention, and more. We are happy to work with you to customize a presentation that suits your group's needs.

Grief and Critical Incident Stress Management

Sometimes critical incidents, loss, and other unusually distressing events occur in the workplace. Critical incidents go beyond everyday stressors and represent serious physical or psychological threats of safety to employees while at work. An EAO consultant can work with you to assess the situation and guide you through supporting your team through grief, loss, and trauma.

Reach out to eao@mailplus.wisc.edu or 608-263-2987 to connect with us.

Over the holidays, remember that LifeMatters offers 24/7 support at 800-634-6433. In addition to personal counseling and management consultations, LifeMatters provides services such as marriage counseling, webinars, counseling for children under the age of 18, financial and legal advice, and convenience services to help you find resources in your area.

To learn more about the services offered to UW employees through LifeMatters, go to mylifematters.com and sign in with Bucky2.