A background image featuring several blue paper cut figures of people holding hands in a circle, symbolizing community and support. The figures are arranged in a circular pattern, with some in the foreground and others in the background, creating a sense of depth. The background is a light blue gradient.

Academic & Staff Assistance Program (ASAP)

A solid yellow vertical bar located to the right of the title text.

Uma Anand, Ph.D.,
Director, ASAP



ABOUT US

Who We Are

We are a small and dedicated group of mental health professionals.

Who We Serve

We serve everyone who receives a paycheck from UCD/UCDH/UCANR as well as their partners, and immediate dependent adult family members. We also serve our retirees.

What is ASAP?



EMPLOYEE ASSISTANCE PROGRAM
(EAP)



FREE



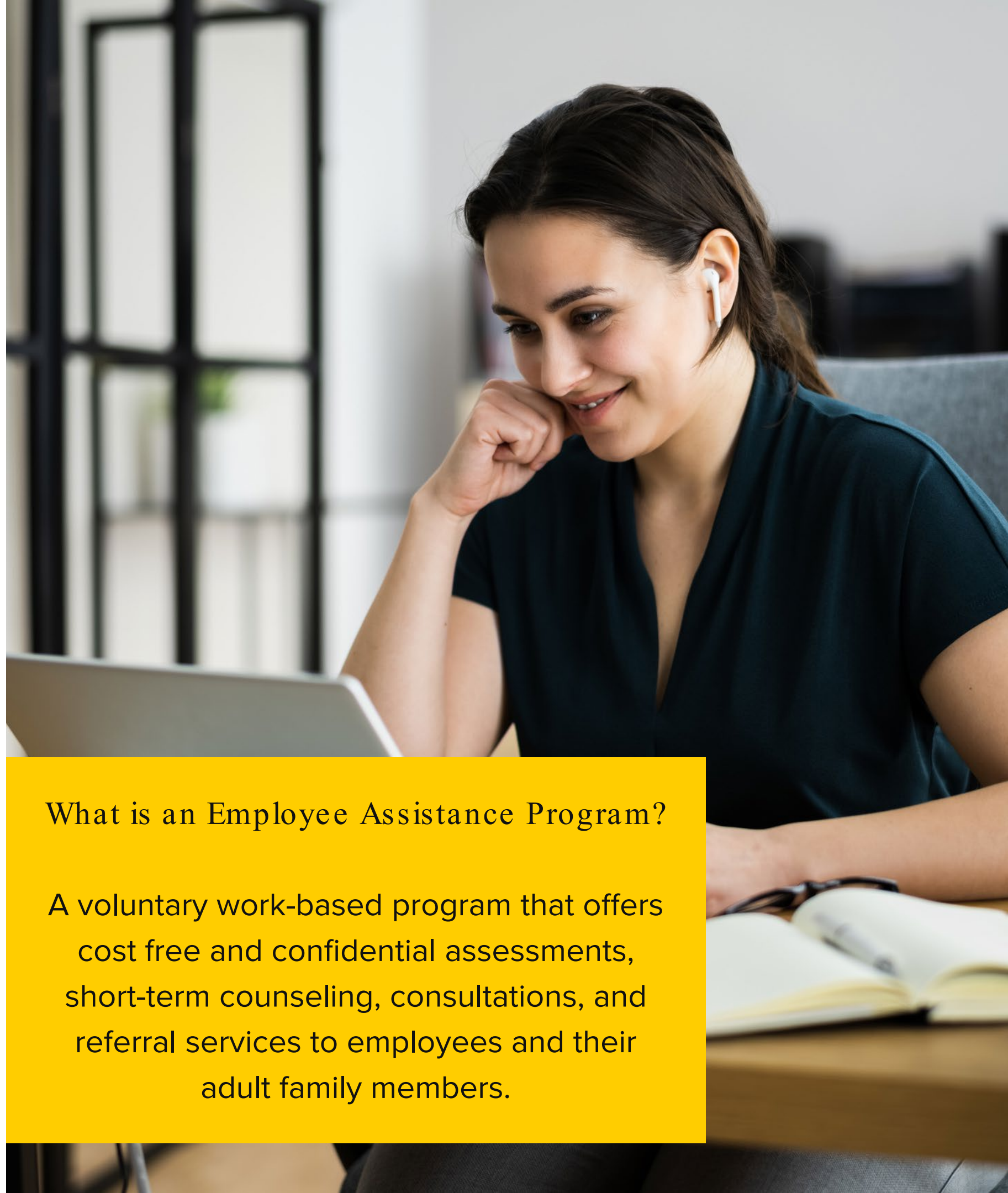
CONFIDENTIAL



VOLUNTARY



VIRTUAL & ON-SITE



What is an Employee Assistance Program?

A voluntary work-based program that offers cost free and confidential assessments, short-term counseling, consultations, and referral services to employees and their adult family members.

Services We Offer

Assessment & problem definition

Resource identification & referral

Psychoeducational presentations & workshops

Processing spaces & debriefings

Managerial & supervisory consultation

Drop-in support groups

Supportive counseling (individual, couples)

General Consultations

Common Issues

- Work-Related Issues
- Life Transitions/ Adjustments
- Stress/ Anxious Symptoms
- Depressive Symptoms
- Relationship Issues
- Grief & Loss
- Burnout

ASAP Limitations



NO WALK INS



NOT CRISIS CENTER

Connect With Us!

ASAP CONTACT INFO:



<https://hr.ucdavis.edu/departments/asap>

Health Campus



(916) 734-2727



ASAPHealth@ucdavis.edu

Davis Campus



(916) 734-2727



ASAPCampus@ucdavis.edu



What's On Your Mind?

- QUESTIONS
- COMMENTS
- GENERAL FEEDBACK

