

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

# Academic & Staff Assistance Program (ASAP)



530.752.2727 or 916.734.2727



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[hr.ucdavis.edu/departments/asap](http://hr.ucdavis.edu/departments/asap)

# What is ASAP?



EMPLOYEE ASSISTANCE PROGRAM (EAP)

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FREE



CONFIDENTIAL



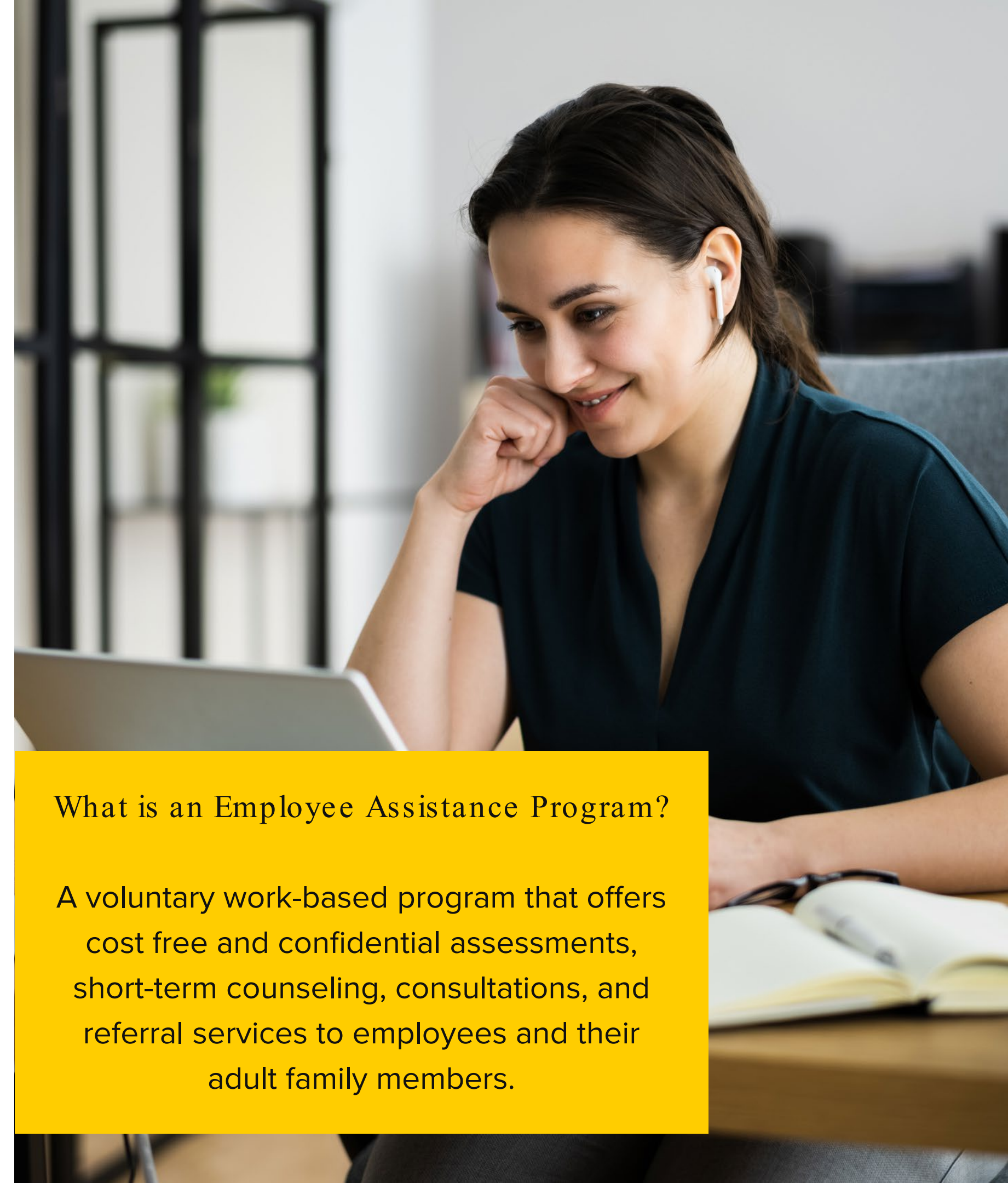
VIRTUAL & ON-SITE



VOLUNTARY

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.



# ASAP Limitations



NO WALK INS



NOT CRISIS CENTER





## ABOUT US

# Who We Are

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We are a small, but mighty, group of mental health professionals.

# Who We Serve

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

# Services We Offer

Assessment and problem definition

Resource identification and referral

Psychoeducational programming & training

Crisis intervention (individual or group)

Managerial & supervisory consultation

Drop-in weekly support groups

Short-term therapy (individual, couples, family)

Workshops & workgroup interventions



# Primary Presenting Problems (2023)

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- WORK-RELATED ISSUES (20%)
- ANXIETY/STRESS (19%)
- RELATIONSHIP/COUPLES ISSUES (13%)
- LIFE TRANSITION/ADJUSTMENT (13%)
- DEPRESSION/GRIEF (10%)
- FAMILY RELATED (8%)



# Emerging Themes

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- BURNOUT
- LONELINESS
- GRIEF/LOSS
- RACISM, SYSTEMIC OPPRESSION, WAR, AND POLITICAL CONCERNS (MORE THAN EVER BEFORE)
- INCIVILITY - INCREASING COMPLAINTS ABOUT CONFLICT AND COMMUNICATION ISSUES WITHIN WORKGROUPS



**Signs  
Someone is  
Struggling**

Anxiety and nervousness

Irritability and anger

Relationship difficulties

Physical signs: changes in sleep, appetite, fatigue, etc

Problems with attention or concentration

Lack of motivation

Increase in substance use

Depression and sadness



# Signs of Distress in the Workplace

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- TARDINESS & ABSENTEEISM
- MISSING DEADLINES
- NOT RESPONDING TO EMAILS OR OTHER COMMUNICATION
- CHANGES IN WORK QUALITY OR PRODUCTIVITY
- CHANGES IN MOOD, BEHAVIOR, OR APPEARANCE

# What's On Your Mind?

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- QUESTIONS
- COMMENTS
- GENERAL FEEDBACK



# Connect With Us!

## ASAP CONTACT INFO:



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