

Academic and Staff Assistance Program (ASAP)

- Team of dedicated licensed mental health professionals.

Services

- Free, Supportive Counseling
- Open to **staff, partners, adult dependent family members and retirees (must be in CA)** for **personal or work-related issues**.
- Available **virtually** or **in-person**; **Confidential** (with usual exceptions)
- **No Crisis** or **Walk-ins**

Additional Services

- Manager consultations
- Psychoeducational groups
- Process/Debriefing spaces for groups; Ongoing drop-in group spaces
- CISD trained counselors for small scale crisis situations.
- Meet and Greet sessions for new physician employees
- Referral guidance to get connected with community providers



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