

Employee Assistance Programs available to Housestaff

December 10, 2020

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COM-HR Talent Management Specialists

UFHR's Employee Assistance Program

Call: 833.306.0103

TTY: 800.697.0353

- Your toll-free number gives you direct, 24/7 access to a licensed counselor, who will answer your questions and, if needed, refer you to a counselor or other resources. You will be asked for your name, employer name, address, phone number and date of birth. [Telehealth options are also available.](#)

Online: guidanceresources.com *

App: GuidanceNowSM

Web ID: UFEAP

- Log on today to connect directly with a consultant about your issue or to access articles, podcasts, videos and other helpful tools.

**Please note: This link will take you to a non-UF website. If it is your first time visiting, click the Register tab and enter "UFEAP" in the Organization Web ID field. You will create a unique user ID and password, which will ensure confidentiality. You will not use your Gatorlink username and password.*

The Standard's Employee Assistance Program

There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program (EAP) which includes WorkLife Services and is available to you and your family in connection with your group insurance from The Standard. It's confidential — information will be released only with your permission or as required by law.

You, your dependents (including children to age 26) and all household members can contact master's-degreed clinicians 24/7 by phone, online, live chat, email and text. There's even a mobile EAP app. Receive referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services. Your program includes up to three face-to-face assessment and counseling sessions per issue. EAP services can help with:

- Depression, grief, loss and emotional well-being
- Family, marital and other relationship issues
- Life improvement and goal-setting
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution
- Online will preparation

Contact **EAP**
888.293.6948
TDD: 800.327.1833
24 hours a day,
seven days a week
www.eapbda.com
Enter **standard** as the login ID
and **eap4u** as the password

Resources Available for Employees



Aid-a Gator

- Aid-a Gator is an emergency fund that provides limited assistance to UF faculty, staff and students who experience a temporary financial hardship. If you or someone you know is in need, please visit the following websites for more information:
 - Faculty and staff: <https://benefits.hr.ufl.edu/gatorperks/aid-a-gator/>



Field & Fork Pantry

- The Pantry offers non-perishable food, toiletries and fresh produce when available. Faculty, staff and students need only bring their Gator1 ID card. For more information, visit <https://pantry.fieldandfork.ufl.edu/>

GATORPERKS

TAKE ADVANTAGE OF BENEFITS
DURING YOUR SUMMER TRAVELS





COM - HR Talent Management Team



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Aging & Geriatric Research
Anatomy & Cell Biology
Biochemistry & Molecular Biology
Cancer Center
Community Health & Family Medicine / Student Health Center
CTSI
Dermatology
Emergency Medicine
Medicine
Ophthalmology
Otolaryngology
Pathology
Pharmacology / Therapeutics
Physiology Functional Genom.
Psychiatry
Radiation Oncology
Radiology
School of PA Studies
Urology

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Anesthesiology
CHC
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Health Outcomes & BMI
Molecular Genetics & Microbiology
Neurological Surgery
Neurology
Neuroscience
Obstetrics & Gynecology
Orthopedics
Pediatrics
Regional Physicians
Surgery