

Programs, Services and Supports

Employee Assistance- Employee Wellness



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wellbeing

licensed health
providers like
counselors,
psychiatrists,
social workers &
nurses

**an on-campus,
confidential,
voluntary, no cost,
behavioral health &
wellness service for
ASU**

Our staff of licensed professionals can help to resolve a range of personal, work and family problems that affect well-being and help you get on the path to wellness

Information & Education

Assessments & Referrals

Health Screenings & Brief Counseling

Manager Consults & Crisis Support

Flu Shots & The HIP Program

Services

why is it important?

1 in 5 adults: suffer with mental health
1 in 4 adults: 2+ chronic health conditions

22-32

average number of days per year an
untreated depressed employee **misses work.**

80%

of **high risk drinkers** are employed full time

men: 14 or more drinks per week

women: 7 or more drinks per week

signs:

observable traits

absenteeism, change in performance, change in hygiene, sleeping on the job, confrontations with peers, tearfulness, bruises/injuries, signs of alcohol/drug use, mistakes, verbalizing distress

signs.

low energy, depression, stress, impaired health, lack of focus, feeling dizzy

symptoms.

symptoms:

subjective experience

**How can we improve
our wellbeing at work?**

Communicate

Connect

Support

Engage

Awareness

**we have offices and
programming on **all**
campuses
(480) 965-2271**

visit [our website](#) for more information