Employee Assistance - Employee Wellness

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Office of Human Resources
licensed health providers like counselors, psychiatrists, social workers & nurses
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
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 symptoms.

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

symptoms:
subjective experience
How can we improve our wellbeing at work?
we have offices and programming on all campuses
(480) 965-2271
visit our website for more information