

2016

UNO-Human Resources-Faculty Employee Assistance Program (FEAP)

UNO Human Resources
University of Nebraska at Omaha

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Faculty Employee Assistance Program (FEAP)

Employee Relations

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UNO / Human Resources / Employee Relations / Faculty Employee Assistance Program (FEAP)

To schedule an appointment with Best Care or to receive more information regarding FEAP Services

Call: 402.354.8000
 Call Toll Free: 1.800.801-4182
 Email Best Care: eap@bestcareEAP.org
 Visit the Website: www.BestCareEAP.org

UNO has contracted with Best Care Employee Assistance Program to provide confidential counseling and referral services to benefit-eligible Faculty and Staff and their eligible dependents

The most common reasons an individual may choose to seek assistance through a FEAP include:

- Marital/Relationship Issues
- Alcohol and Drug Abuse/Dependency
- Work / Life Balance
- Personal Wellness
- Family/Parenting Concerns
- Grief and Loss
- Stress
- Mental Illness
- Depression/Anxiety
- Divorce
- Financial Concerns (for unexpected financial emergencies and more information to see if you qualify for **UNO's Emergency Loan Fund**, please contact Human Resources at 402-554-2321 or email at unohr@unomaha.edu)

Who is eligible to use these Services?

All benefit-eligible UNO Faculty and Staff and eligible dependents can receive assistance and counseling provided through the FEAP

You do not need a referral from a manager or supervisor to use these services

Contacting Best Care for assistance is Convenient and Confidential

Call Best Care to schedule a confidential, cost-free appointment at 402-354-8000 or 800-801-4182. Email at eap@bestcareEAP.org or visit www.BestCareEAP.org.

When you contact the FEAP, a qualified Best Care staff member will speak with you to assess the nature of the problem and to identify the best course of action to be taken. In most instances, problems can be resolved within a number of confidential and private sessions with a Best Care Professional provided at their location. If a referral to a community resource is necessary, the FEAP staff will refer you to the most appropriate resource available.

Cost Effective

Best Care services are provided by UNO and available to you at no cost. The program offered to you provides **five (5)** counseling sessions for you and your eligible dependent family members. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using that resource then become your responsibility.

Convenient Service times Available

Day, evening, and weekend appointments are available to meet the needs of your busy schedule. Best Care counselors provide assistance over the phone, online via a secure website, and in-person at a convenient location near your worksite or home. Crisis and emergency services are available 24 hours a day, 7 days a week.

Confidentiality is a Priority

Your use of Best Care FEAP counseling is completely confidential. Information cannot be shared with anyone without your written permission, unless otherwise required by Law.

Additional Services Provided


- Training & Wellness Resources. To access numerous health & wellness resources & webinars, go to www.BestCareEAP.org. Enter the login **bcUNOe** and password **UNO**
- Management/Supervisory Education and Consultations
- Crisis Management/Interventions
- Online presentations - Best Care FEAP Services
- Conflict Management
- Educational In-Services and Workshops

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