

University Housing Human Resources | COVID-19 Fact Sheet

Employee Well Being

April 6, 2020

Please note: This information is gathered by University Housing Human Resources and provided solely as reference for University Housing employees. Guidance in here may not apply to other areas on campus. Additionally, this information is accurate as of April 6, 2020. Information surrounding COVID-19 is frequently changing. Please contact your supervisor or University Housing Human Resources if you have specific questions.

During this time of uncertainty, employees may experience stress, anxiety, and fears regarding the COVID-19 pandemic.

UW-Madison's Employee Assistance Office (EAO) offers many different resources to assist employees during difficult and challenging times. Some of the services they provide include:

- Confidential counseling and consultation at no cost to UW-Madison staff, significant others, and family members, regarding:
 - Work-related stress
 - Personal stress
 - Anxiety
 - Depression
 - Caregiving
 - Alcohol and drugs
 - Relationship challenges
 - Conflict
 - Mental health
 - Grief and loss
- Additionally, EAO has partnered with Life Matters. Life Matters provides:
 - Confidential statewide coverage
 - 24/7 telephone access to professional counselors
 - Additional resources including training, financial and legal consultation, time saving searches, 1-5 sessions with a counselor for personal or work-related issues, etc.

Contact Information

UW-Madison Employee Assistance Office:

- 🕒 Monday – Friday, 8am – 4:30pm
- ☎ 608-263-2987
- 🖨 <https://hr.wisc.edu/employee-assistance-office/>
- 📧 eao@mailplus.wisc.edu

Life Matters:

- 🕒 24 hours/day, 7 days/week
- ☎ 800-634-6433
- ☎ Text "Hello" to 61295 to start the conversation
- 🖨 <https://members2.mylifematters.com/portal/landing?a=1&a=1> (password Bucky1)