



RESOURCES

FOR YOU & YOUR FAMILY

Faculty & Employee Assistance Program

Offers counseling, referrals, crisis care, and other supportive resources.

www.uvafeap.com



UVA Health

Services offered include

- Primary and family medicine
- Mental healthcare
- Reproductive & sexual health support
- Gender-affirming care
- Specialty referrals

Transgender Health Clinic Crozet

- OB/GYN services
- Gender health
 - Hormone therapy
 - Voice therapy
 - Surgery consults

434-243-0700

EOCR

The Office for Equal Opportunity & Civil Rights oversees Title IX reporting, ADA policies, discrimination and harassment, employment equity, and other items relating to inclusion at UVA.

eocr.virginia.edu

Division for Diversity, Equity, and Inclusion

Committed to the wellbeing, safety and success of all UVA personnel, they provide resources, and oversee task forces at UVA

dei.virginia.edu

HELPLine

Confidential, free, and available 24/7. A volunteer-run talk line focused on immediate assistance and referrals.

434-924-TALK

Women's Center

Available to all gender expressions, the Women's Center provides counseling, resources, legal clinics, and other support for community members.

womenscenter.virginia.edu
434-982-2361

Human Resources

Provides resources for faculty and staff for life changes, support, and career development. Also partners with DEI departments for events and support.

HR staff can also assist with workplace conflict, benefit elections, life events, and more!

hr.virginia.edu
askhr@virginia.edu

PRIORITIZE WHAT MATTERS



Self care

Take time for yourself. This can help regulate your mind and body to stay at your best.



Reach out

There is no shame in asking for help. Talk to someone you trust, or reach out to one of the resources listed above.



Healthy Habits

Health looks different for everyone. Check in with yourself and pay attention to your body, especially in times of stress.