Many of us experience a time when personal issues become overwhelming:

Family problems; Concerns about our children or our aging parents; Depression and everyday stress that can get us down; Problems with drugs or alcohol...

**Take the first step, call**

**PERSPECTIVES** for an appointment with one of their highly qualified counselors. In case of emergency a counselor is available 24 hours a day, seven days a week.

Don’t hesitate to call: 800-456-6327
Or visit www.perspectivesltd.com
User ID: NOR 501
Password: perspectives

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What is a Faculty and Staff Assistance Program?

Our Faculty and Staff Assistance Program is a free service designed to offer confidential and professional assistance for faculty, staff, and members of their families who need assistance with personal issues. The provider of these services to Northwestern is PERSPECTIVES, Ltd.

What is PERSPECTIVES?

PERSPECTIVES is a firm with substantial experience in providing confidential assistance to individuals and families in a caring and professional manner.

What services are provided?

A PERSPECTIVES counselor will talk with you to assess your situation and to help you develop a plan. This plan might consist of short term counseling with a PERSPECTIVES counselor, either in person or over the phone, it may involve a referral to a resource such as a self-help group, a social service agency, or a specialized counselor. Your financial resources and insurance coverage will be considered when a referral to a treatment provider is made.

Who can use the Faculty and Staff Assistance Program and at what cost?

All University faculty and staff and their families may use the program. The evaluation, counseling, and referral services are provided at no cost to you. If you need a referral or specialized treatment, PERSPECTIVES will work with you to obtain the best care as inexpensively as possible.

Family
- Problems with children
- Family member conflicts
- Serious illness of family member

Marital
- Communication problems
- Resolving conflicts
- Divorce
- Domestic violence
- Dual career issues

Work Related
- Interpersonal problems
- Conflicts with authority

Legal
- Problems with the law
- Need for specialty lawyers
- Child support issues

Alcohol Abuse
- Affecting work performance
- Affecting relationships

Financial
- Over-extended credit
- Budget control

Special Services
- Home health care
- Relocation issues
- Help with community resources

Emotional
- Stress and anxiety
- Depression and mood swings
- Grief or loss

Drug Abuse
- Prescription drug misuse
- Illicit drug abuse
- Taking drugs at work
- Drug problems within family

How do I know the Faculty and Staff Assistance Program is really confidential?

Confidentiality is an important aspect of a Faculty and Staff Assistance Program. The University is dedicated to providing you with a secure and private atmosphere in which to seek help. What you discuss with PERSPECTIVES staff will not be shared by them except as may be required by Federal and State laws. No record of your participation will appear in University files. In an instance where the referral is made by your manager, your manager may be told only whether you have followed through with your appointment.

If I use the FSAP, will my opportunity for promotion or my position be in jeopardy?

No. Your opportunity for promotion and job continuation depends only on your performance of your duties.

Where are the PERSPECTIVES' offices located?

Offices are located near both the Evanston and Chicago Campuses.

OTHER LOCATIONS:
- Hyde Park, IL
- Oakbrook Terrace, IL
- Homewood, IL
- Merrillville, IN