



Other Services Available to Faculty and Staff

UNIVERSITY COUNSELING CENTER

The mission of the University Counseling Center is to enhance lifelong learning by meeting the mental health needs of the students, staff, and faculty who seek services. Licensed mental health professionals provide free mental health counseling. We strive to assist clients in identifying and then resolving those challenges that impact their lives. The University Counseling Center is accredited by IACS, the International Association of Counseling Services. Those interested in scheduling an appointment should go to the Counseling Center and complete intake paperwork. An appointment will be made at that time. Emergencies are seen immediately.

The Counseling Center provides a 24-hour on-call counselor for emergencies. A call to the Campus Security office at 549-2222 will access the counselor.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Southeastern Louisiana University recognizes that a wide range of problems - such as marital or family distress, alcoholism, and drug abuse not associated with an individual job function can nonetheless be detrimental to an employee's performance on the job. Consequently we believe it is in the interest of the employees and the University to provide assistance to employees and their families in resolving these as the need arises. To this end, our employee assistance program provides consultation services through the University Counseling Center for evaluation and referral to local community treatment providers. Services offered by the University Counseling Center are at no cost to the employee. Employees are solely responsible for services or treatment programs offered by off-campus medical providers as a result of a referral. All employees are encouraged to use this program. Employee visits to the EAP are held in confidence to the maximum possible extent.

Participation in our EAP does not excuse employees from complying with normal University policies or from meeting normal job requirements during or after receiving assistance. Nor will participation in a EAP prevent Southeastern Louisiana University from taking disciplinary action against any employee for performance problems that occur before or after the employee's seeking assistance through the EAP.

UNIVERSITY BOOKSTORE DISCOUNT

The Southeastern Retail Bookstore offers faculty and staff a ten percent discount on all products except drugs, food and drink products, sundries, and some special sale items.

EMPLOYEE WELLNESS AND ADULT FITNESS PROGRAM

The Recreational Sports and Wellness Department sponsors the Employee Wellness Program, which is available to all faculty and staff members and their spouses for a fee. The programs offered include group fitness classes, water aerobics, personal training, or open recreation. Most opportunities are housed in the Claude B. Pennington Jr. Student Activity Center.

For a nominal fee participants may receive:

- Blood Pressure (pre and post)
- Body Mass Index (pre and post)
- Waist Hip Ratio (pre and post)
- Circumference Measurement (pre and post)
- Aerobic Fitness Assessment
- Flexibility Assessment (pre and post)
- Biceps Strength (pre and post)
- Muscular Strength (pre and post)
- Exercise Prescription (pre and post)
- 1 session with a personal Trainer

For additional fees, employees may have additional sessions with a personal trainer or a body composition assessment. For more information contact the Recreational Sports and Wellness Department at (985) 549-2144 or visit the website at:

http://www.southeastern.edu/admin/rec_sports/index.html