

What is **REACH**?

We are your Employee Assistance professionals. **REACH** provides short term counseling for all UC faculty, staff and their families for personal and workplace problems. Referrals may be made, as needed, for additional counseling services.

REACH also provides education and training programs for all U.C. Faculty and staff.

Management Consultation

REACH consults with managers, supervisors and academic administrators who are experiencing problems with their employees. We assist supervisors in their roles and help mediate situations that impact workplace moral and productivity.

You are not alone

Job-related issues and personal problems can adversely affect you — both on the job and at home.

We can support and assist you in identifying, coping with, and resolving your problems.

REACH is CONFIDENTIAL

No information will be placed in your personnel or health files or shared with anyone else, unless you provide written consent.

Participation in the **REACH** program will not jeopardize your job security, promotional opportunities or reputation.

REACH serves the diverse needs of the entire UC community.

- professional
- confidential

513-556-2506

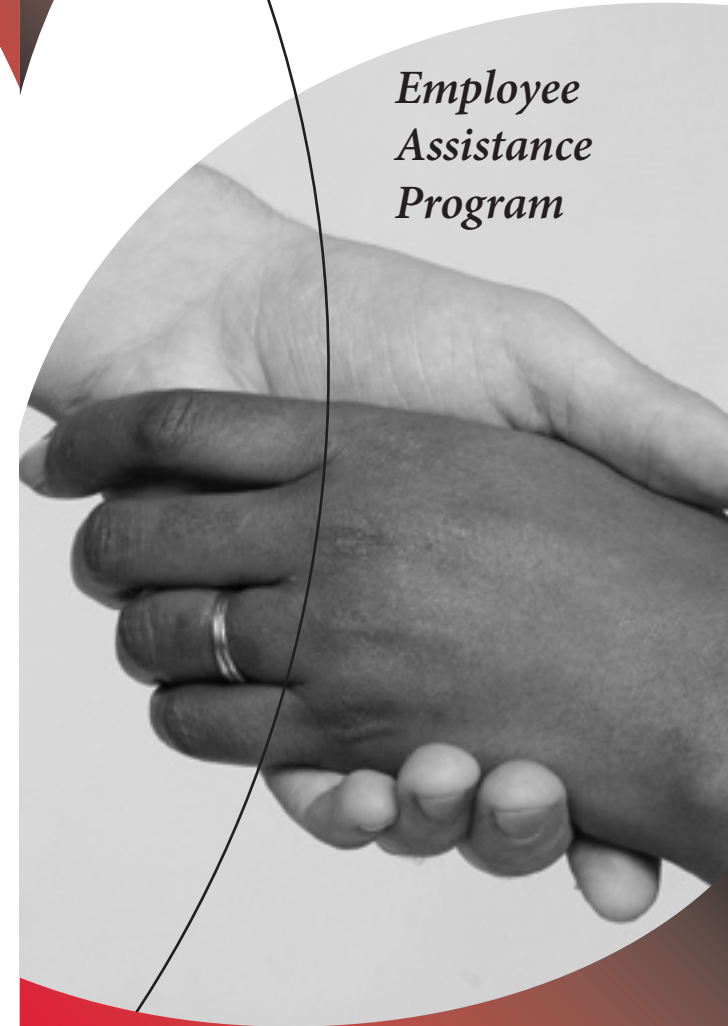
REACH
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Cincinnati, OH 45221-0227

UNIVERSITY OF
UC
Cincinnati

Responsive Employee
Assistance Can Help

REACH

*Employee
Assistance
Program*



How do I take the first step?

UC faculty and staff should call 513-556-2506 for an appointment. Management, unions, colleagues or family members may also make referrals to **REACH**.

Employees are permitted to schedule their appointments during work hours. Early morning and evening appointments are also available. **REACH** Counselors are also available by telephone 24 hours a day, in case of an emergency.

How much does it cost?

UC values your contribution to the University of Cincinnati, and proudly provides this service as an additional benefit of being part of the UC family. There is no charge for faculty, staff and their dependents.

How big must a problem be before I get help?

If something is bothering you and you'd like to talk to someone about it, that's enough reason to call. REACH is here to help you to help yourself, but we can't begin unless you take the first step.

Our program is prepared to handle a broad range of emotional, mental health and human relationship problems, including:

- job stress
- emotional issues
- marital/family distress
- financial difficulties
- substance abuse
- legal problems
- work/group issues

Asking for help is a sign of courage

“Help is within REACH”

www.uc.edu/uhs/reach/

