

Need to Talk?

Two ways to speak confidentially about what's on your mind:

1. In-Person

Monday, April 26 from 8:00 a.m. – 5:00 p.m.

Hodges Library, Room 129

To visit Guy McGee call: Michelle Whited @ 974-4709 to schedule an appointment

Tuesday, April 27 from 8:00 a.m. – 5:00 p.m.

Student Union, Room 192

To visit Guy McGee call: Michelle Whited @ 974-4709 to schedule an appointment

OR

2. TeleHealth

Friday, April 23 from 8:00 a.m. – 5:00 p.m.

To join Marcia Walker call: Michelle Whited @ 974-4709 to schedule an appointment

Monday, April 26 from 8:00 a.m. – 5:00 p.m.

To join Peter McGourty call: Michelle Whited @ 974-4709 to schedule an appointment

Tuesday, April 27 from 8:00 a.m. – 5:00 p.m.

To join Peter McGourty call: Michelle Whited @ 974-4709 to schedule an appointment

Other Resources & Supports

✓ **Employee Assistance Program (EAP)**

The UT Employee Assistance Program (EAP) is designed to provide free, confidential assistance to help employees and their families resolve problems that influence their personal lives or job performance. Visit www.here4tn.com or call 855-437-3486 to find 24/7 support with whatever challenges may arise, including but not limited to:

- Depression, anxiety, and stress
- Family concerns
- Financial issues
- Living with chronic health conditions
- Separation and divorce
- Grief and loss
- Sleep issues
- Resilience

✓ Call the **946-CARE** (865-946-2273) for distressed faculty and staff if you need help and aren't sure where to start. UT's top priority is the safety and well-being of faculty, staff, and students. The 946-CARE program is available 24/7 to help faculty and staff maintain a secure and healthy working environment.

✓ Call the **Helen Ross McNabb COVID-19 helpline** at 855-661-9191 for free resource assistance and emotional support for individuals affected by the pandemic in East Tennessee.

✓ Call HR at 865-974-6642 or visit <https://hr.utk.edu/important-resources/> for a list of **food banks and other resources** in East Tennessee.

On-Site Parking Information:

- Visitor parking is available in the Vol Hall Garage, 1545 White Ave. \$1 per half hour.
- If you have a parking tag and an orange dot permit, you can park in any unreserved staff lot.