



Boston University Faculty & Staff Assistance Office
www.bu.edu/fsao 617-353-5381 fsao@bu.edu

The Faculty & Staff Assistance Office (FSAO) is the on-site Employee Assistance Program for BU.

FSAO is a confidential service that provides employees with support and resources to manage personal and professional challenges, such as mental health, substance use, and work-life issues.

Available to BU faculty, staff, and their household family members

- Free of charge
- Confidential
- Appointments in-person on the Charles River Campus and Medical Campus
- Telehealth by HIPAA compliant zoom or phone

Counseling/Consultation

- Assessment, problem solving, support
- Short-term counseling with FSAO
- Referrals
- Interpreter services available

Management Consultation

- Employees experiencing personal, performance or behavioral issues
- Possible impairment or substance use
- Workplace behavioral risk
- Critical incidents
- Workplace stress and resiliency
- Promoting FSAO services and well-being

Well-being Programming

- Monthly online presentations
- Video library of recorded presentations

Digital Tools

- Confidential online mental health self-assessments
- Headspace
- OurRelationship
- Recommended online tools

Contact us: www.bu.edu/fsao - fsao@bu.edu - 617-353-5381