

Below is a list of resources available to UNC System Office staff, although some may not apply in your current situation:

1. **You are eligible for the Employee Assistance Program (EAP).** The EAP is a confidential counseling and resource program that is designed to help UNC System Office employees and their families deal with both personal and work-related concerns. To access the EAP toll-free, 24 hours a day:
  - a. Call ComPsych at 877-823-5715
  - b. Go to <http://www.guidanceresources.com>  
At the home page, click "I am a first-time user"  
At the top of the next page, enter the Organization Web ID: UNC  
Complete the remainder of the boxes with your desired username and password  
On subsequent visits, use the same username and password

You may obtain further information about the EAP by referring to the [UNC System Office HR website](#).

2. **You may be eligible for Family & Medical Leave, Family Illness Leave, and Voluntary Shared Leave.** You may obtain further information about available leave by referring to the policies at the following links:

[Family & Medical Leave Policy](#)

[Family Illness Leave Policy](#)

[Voluntary Shared Leave Policy](#)

**You may be eligible for a reasonable accommodation under the Americans with Disabilities Act (ADA).** You may obtain further information about the accommodations process and the policy at the following link:

<http://oshr.nc.gov/policies-forms/eeo/reasonable-accommodation>

3. **You become eligible for short-term disability benefits under the Disability Income Plan of North Carolina.** You must have one year of state service. If you enrolled in an employee-paid supplemental disability plan when you were first employed, you may be eligible for benefits. Information about these plans is available [online](#).
4. **You may be eligible for workers' compensation.** If you have a disability as the result of an accident or occupational disease arising out of or in the course of your employment, you may be eligible for benefits under the North Carolina Workers' Compensation Act. You may obtain further information about the Workers' Compensation program on the [UNC System Office HR website](#).

You may also contact Ashley Nicklis at 919-843-4869 in UNC System Office Human Resources for more information about eligibility, benefits, policies and the application process.