Wellbeing Resources

• Kiz Adams, UGA’s well-being coordinator
  • kizadams@uga.edu or 706-255-3592 (cell)

• KEPRO Employee Assistance Plan (EAP)
  • Help for coping with stress related to the COVID-19 outbreak or other life matters is available through the KEPRO Employee Assistance Plan via phone at 844-243-4440 or online at EAPHelpLink.com (company code is USGCares).
  • Services are available to all full and part time employees and their families and other members of their household.

• Mindfulness Moment – Participate in a daily mindfulness moment with your campus community.
  • Every day at 9 a.m., will lead a short (less than 10-minute) mindfulness practice.
  • You can join via Zoom at https://zoom.us/j/246032955

• Many other wellbeing resources available on the Wellbeing website!