



EMPLOYEE ASSISTANCE PROGRAM

FOR UNM AND UNM HEALTH SCIENCES STAFF, FACULTY
THEIR DOMESTIC PARTNERS AND RETIREES
C.A.R.S. PROVIDES FREE AND CONFIDENTIAL SERVICES



CARS.UNM.EDU

505-272-6868

CARS@UNM.EDU

C.A.R.S. Services

COUNSELING

Short-term counseling for individuals and couples to assist employees with a variety of issues that affect our happiness, our relationships, our performance and satisfaction at work, our health and emotional well-being and for supportive resource suggestions. CARS appointments are scheduled in a timely manner and urgent appointments are available daily.

COACHING

A supportive process for employees to help develop goals and skills to enhance job performance and job satisfaction, improve work relationships and develop a healthy work-life balance.

CRITICAL INCIDENT STRESS MANAGEMENT (CISM)

CARS provides CISM on-site structured services for critical incidents that occur in a team or department. CARS provides on-site group grief intervention in the event of the death of an employee.

SUPERVISOR CONSULTATION

Consultation for supervisors and managers seeking assistance with various aspects of their role and supervisory duties. We assist with issues such as stress, conflict, the dynamics of supervising employees and managing teams, job satisfaction and for those times when you just need to talk.

TRAINING

CARS provides a variety of training such as Burnout Prevention and Resilience, Civility, Emotional Intelligence, Stress Management, Mindfulness, Skills to Manage Anxiety, Grief During the Holidays. See the CARS website for a full listing of seminars/webinars. CARS develops individualized training for teams and departments when requested.

TO SCHEDULE ALL SERVICES, CALL CARS AT 505-272-6868.

CARS SERVICES ARE VOLUNTARY AND USE OF LEAVE IS NOT REQUIRED TO UTILIZE SERVICES. CARS PROVIDES ALL SERVICES IN-PERSON OR OVER ZOOM.