

Faculty Wellness Program

northwestern.edu/faculty-wellness

Northwestern's Faculty Wellness Program, offered by the Office of the Provost, assists full-time faculty members who are experiencing difficulties in their professional or personal lives.

In addition to the demands of their personal and family lives, faculty members balance roles as teachers, researchers, mentors, and managers. Three-quarters of university faculty in the US report moderate to high stress levels,

Program resources

Resources available through the Faculty Wellness Program may include

- Free and confidential short-term counseling through Northwestern's Employee Assistance Program
- Free and confidential consultation with the University ombudsperson
- Referral for mental health or substance abuse services
- Specialized evaluation
- Consultation with the Northwestern Human Resources Well-being Programs team to access benefits (e.g., dependent care, retirement planning) and explore emotional, financial, and physical well-being resources



About the program

The Faculty Wellness Program is staffed by faculty director Gaurava Agarwal, chief wellness executive for Northwestern Medicine and a faculty member in the Feinberg School of Medicine. He is a psychiatrist and certified leadership, organizational, and well-being coach.

The associate director is Jason Washburn, professor of psychiatry and behavioral sciences in the Feinberg School of Medicine. His clinical practice includes psychological interventions and psychodiagnostic, personality, and neurodevelopmental assessment.

For assistance

facultywellness@northwestern.edu
northwestern.edu/faculty-wellness

For more information

For additional information on work-life policies and benefits plus well-being programs and resources, visit

- northwestern.edu/provost/faculty-resources/work-life
- northwestern.edu/hr/benefits/work-life/view-benefits-by-audience.html#faculty
- northwestern.edu/hr/benefits/well-being
- northwestern.edu/ombuds
- northwestern.edu/hr/benefits/well-being/programs/employee-assistance-program/index.html

Faculty Wellness Program
Northwestern University
1-112 Rebecca Crown Center
633 Clark Street
Evanston, Illinois 60208

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