

UAB Employee Assistance and Counseling Center Financial Counseling

Nearly half of all employees say **financial problems cause** them **the most stress** in their lives. Financial stress can cause physical and mental health problems. The UAB Employee Assistance & Counseling Center provides personal counseling and **resources to help you handle your financial problems**. The program will help you to **take charge of your finances**.

Financial Counselors can assist you in developing a plan to **meet your personal financial goals**:

- Get out of debt
- Build emergency funds
- Create a balanced family budget
- Understand your credit score
- Save for a big down payment on a car or house
- Save for retirement

Most life changes have an impact on your budget, whether you are struggling with a medical situation, starting a family, losing income, buying your first car or house, going through divorce or retiring. A financial counselor can be very helpful during times of change.

UAB Benevolent Fund Employee Emergency Assistance Program (EEAP)

The EEAP committee **requires everyone that receives financial assistance to receive financial counseling**. They do this because they believe you will benefit from the counseling and will be better able to handle the financial bumps that everyone experiences.

I understand that a condition of receiving assistance from EEAP is that **I must receive financial counseling**.

In order to apply in the future to EEAP, I must **actively participate in at least 1 financial counseling session and develop a plan for a balanced budget**.

The **EEAP committee** will take your financial situation into consideration if you ask for assistance in the future and **may deny future assistance if you do not complete financial counseling and submit your balanced budget**. Most people don't think they will need to ask for assistance again; however, **40% of our cases are from an employee who has previously requested assistance**.

Release of Information

I, _____, hereby authorize the UAB Employee Emergency Assistance Program and UAB Employee Assistance and Counseling Center to release confidential information to each other concerning my financial situation, financial counseling and request for assistance. The purpose and need for this disclosure is to allow parties to communicate effectively concerning my situation.

Signature of Client

Date

Financial Counseling Process

1. Please **schedule your financial counseling appointment** with a financial counselor at the UAB Employee Assistance and Counseling Center

UAB Employee Assistance and Counseling Center
2112 11th Avenue South
Suite 330
Birmingham, AL 35205

Email: eapresourcectr@uab.edu
Phone: (205) 934-2281
Toll Free in Alabama: 1-877-872-2327

2. The UAB Benevolent Fund will give the financial counselor the financial and budget information from your Employee Emergency Assistance Program meeting. This will keep you from having to gather the information again.
3. You can bring your spouse or significant other to the financial counseling session if you think it will be helpful.
4. If any changes in your financial situation occur between meeting with EEAP and the financial counselor, please bring that information to your financial counseling appointment.
5. When your financial counseling is complete, you will receive a certificate of completion. Please give a copy of the certificate of completion and your balanced budget to the Benevolent Fund office within 1 month. You can email, fax, mail, or hand delivery the certificate. Our mailing address is as follows:

UAB Benevolent Fund
AB 330
1720 2nd Ave S
BIRMINGHAM, AL 35294-0100

UAB Employee Assistance and Counseling Center Directions and Parking Information

2112 11th Avenue South, Suite 330, Birmingham, Alabama 35205. Conveniently located near the UAB Campus. **Free parking** is available onsite.

From University Blvd:

- From University Blvd., turn south on 20th Street South.
- Turn left onto 11th Avenue South at 5 Points
- Proceed 1/10th of a mile (cross 21st Street South and continue on 11th Avenue South.).
- The Magnolia Building, 2112 11th Ave South, is on the left.

UAB Benevolent Fund Employee Emergency Assistance Program
205-996-2040
benevolentfund@uab.edu