

## **2025 – 2026 UNC- Chapel Hill SHRA and EHRA NF Employee Resource Memo**

SHRA and EHRA NF employee resources are below for convenience. Please note that this is a standardized list, and some resources may not necessarily apply in your current situation:

The Total Wellbeing-Employee Assistance Program (EAP) is available 24/7 and provides confidential support. You may obtain further information by referring to the University's Total Well-Being website at <https://hr.unc.edu/wellness/employee-assistance-program/> or call 877.314.5841 or /TRS Dial 711 if you are experiencing a crisis.

Reasonable Accommodation based on Disability, Pregnancy and/or Religion: You may obtain further information about the accommodations process by contacting the University Compliance Office at 919-966-3576 or email [accommodations@unc.edu](mailto:accommodations@unc.edu) and/or by referring to the University Compliance Office, Employee Disability Accommodations website at <https://eoc.unc.edu/accommodations/employee>

Family Medical Leave Act (FMLA), Family Illness Leave, and Voluntary Shared Leave. You may obtain further information by referring to the UNC Human Resources-Leave & Holidays website at <https://hr.unc.edu/benefits/leave>. You can also find specific information on how to request leave at <https://hr.unc.edu/benefits/leave/request-form/> or you can email UNC Office of Human Resources Benefits Team at [benefits@unc.edu](mailto:benefits@unc.edu).

The University Ombuds Office is an office where all Carolina faculty, staff, students, and administrators are welcome to come and talk confidently about any campus issue, problem, or dispute. You may contact them as a first step, or as a last resort, or anywhere along the way to share concerns, evaluate your situation, and plan next steps. The services are free and voluntary. You may contact the Ombuds Office at 919-843.8204, or obtain further information at: University Ombuds Office: <https://ombuds.unc.edu>

NC Worker's Compensation: If you have a disability as the result of an accident or occupational disease arising out of or in the course of employment, you may be eligible for benefits under the North Carolina Workers' Compensation Act. You may contact Environment, Health, and Safety (EHS), University Employee Occupational Health Clinic at 919.966.9119 and Workers' Compensation Program at: <https://ehs.unc.edu/topics/workers-compensation/>

Responsible Employees: All employees, including staff, faculty, and other instructors, are now Responsible Employees, except for confidential employees who are acting in their confidential capacity. For more information about duties and responsibilities for Responsible Employees contact the University Compliance Office Report and Response Managers at 919.445.2759 or for additional information: <https://eoc.unc.edu/what-we-do/address-misconduct/responsible-employees/>

The Carolina Ethics Line is an anonymous reporting and inquiry hotline used by the University of North Carolina at Chapel Hill. Caroline Ethics Line provides a simple, anonymous way to report possible unethical or improper conduct, and/or violations of University policies and procedures, regulations, or state and federal laws. please contact the office at 866.294.8688 or <https://universitypolicy.unc.edu/report-a-concern/>

Safe at UNC is the main portal at UNC-Chapel Hill for resources and information about discrimination, harassment, sexual violence, interpersonal violence, and stalking. For additional information: <https://safe.unc.edu/>

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Heels Care Network website is a place for all Tar Heels-undergraduate, graduate, and professional students, post-docs, as well as faculty and staff, to come together in support of each other and access the many mental health and well-being resources at Carolina. It is a collective effort of a wide range of people and entities across campus. To obtain further information: <https://care.unc.edu>

UNC-Chapel Hill Employee Forum seeks to continually improve the quality of life at UNC-Chapel Hill for its students, faculty and staff through mutual understanding, recognition of employee contributions and respect for the worth of the individual. To obtain additional information: <https://employeeforum.unc.edu/>

UNC Human Resources Website: This website provides information on open positions at UNC, benefits and leave resources and information, professional development opportunities, recent news and current topics, as well as upcoming events. For more information visit: <https://hr.unc.edu/>

The Carolina Veterans Military and Veterans at the UNC Veterans Resource Center welcomes veterans as well as active-duty military, National Guard members, reservists, dependents, spouses, and ROTC cadets. You may obtain information at <https://dos.unc.edu/carolina-veterans-resource-center/> and the Carolina Veterans website at <https://www.unc.edu/story/carolina-veterans>. You may also contact the office at 919.962.9640 or email at [cvrc@unc.edu](mailto:cvrc@unc.edu)

Compass Center: You may take advantage of the Compass Center for Women and Families, which is a confidential community resource providing 24-hour domestic violence/interpersonal violence crisis services and educational programs. You can find information at <https://compassctr.org/>

UNC LGBTQ Center services students, staff and faculty members. The center provides direct support programs, training opportunities, and services including programs designed to address identity development, leadership development, and relationship skills development. The mission of the center is to create an inclusive environment for all UNC employees and students. 919.843.5376 and/or <https://lgbtq.unc.edu/>

Carolina Black Caucus is an independent, self-governing organization seeking effective representation of issues primarily concerning the African American community at the University of North Carolina at Chapel Hill. For more information visit the website at <https://www.unccbc.com/aboutus>

National Suicide Prevention Lifeline. If you are in a crisis, or if someone you know is struggling, please seek help and assistance. Call, text or chat the 24/7, National Suicide Prevention Lifeline [at 988 or 1-800-273-TALK \(8255\)](https://988lifeline.org/). Lifeline: <https://988lifeline.org/> Please (TEXT 9-8-8)