



Throughout our journeys, personal and professional, everyone faces challenges. HR is here to help you navigate resources, that you may or may not be familiar with, available at UNO.

Employee Assistance

A free benefit that provides a crisis line, 5 free counseling sessions, 1 free legal consultation, as well as childcare and eldercare resources.

Crisis Leave

A program that allows vacation sharing between staff professionals. If you hit your vacation accrual maximum, you can donate vacation hours to the crisis leave bank. If you are in need of extra paid hours due to an emergency, you can apply for some vacation hours from the crisis leave bank.

Emergency Loan Fund

An interest free loan, up to \$1,000.00, for unforeseen expenses.

Mental Health Benefits

If enrolled in a BCBS medical plan, services from a mental care provider can be sought after, and just like medical expenses, would be subject to your deductible and co-insurance.

FMLA

Family Medical Leave Act offers job protection for self serious health conditions, or that of an immediate family member, for up to 12 weeks per year.

Employee & Dependent Student Scholarship

This program helps to make college more affordable for yourself or an eligible dependent, providing 15 hours of tuition at no cost, every academic year.

HR Staff

We are here to help with Employee Relations, Benefits, Training, Equal Opportunity, New Employee Orientation, & Payroll needs. Stop by our office at EAB 205.

Social & Support Groups

The University has multiple groups of individuals that encourage and support inclusivity and various life experiences.

Training

Develop or sharpen your skills. Access many educational & training topics virtually through FAST.

Resources

If any of the above are of interest to you, please review the links below to learn more about each benefit. Also, HR help is just fingertips away, find us in the HR directory <https://www.unomaha.edu/human-resources/directory/index.php> via, or by emailing unohr@unomaha.edu.

Employee Assistance Program: <https://www.unomaha.edu/human-resources/employee-relations-and-staff-development/faculty-and-staff-employee-assistance-program.php>

Crisis Leave Sharing: <https://www.unomaha.edu/campus-policies/crisis-leave-sharing-program.pdf>

Emergency Loan Fund: <https://www.unomaha.edu/campus-policies/employee-emergency-loan-fund.php>

BCBS: <https://www.nebraskablue.com/Unsystem>

FMLA: <https://www.unomaha.edu/human-resources/benefits-and-wellness/fmla.php>

Employee & Dependent Scholarship Program: <https://www.unomaha.edu/human-resources/benefits-and-wellness/employee-and-dependent-scholarship.php>

Support Groups: <https://www.unomaha.edu/student-life/wellness/support-groups.php>

FAST: <https://bit.ly/3XdbSRR>