



Virtual and onsite consultations are available through the Employee Assistance Program for FBISD employees

Find support through a 1:1 virtual and onsite consultation with Jennifer Williams, LPC



Support when you need it

Receive assistance for a variety of issues – from stress and relationship issues to communication strategies and beyond



Getting you connected

Easy access to additional resources, other services and referrals



Quick and easy scheduling

[Click here](#) or scan the QR code to register and book an appointment

Scan the QR code to register and book a consultation



Jennifer Williams, LPC

Jennifer Williams is a Licensed Professional Counselor with over 10 years of experience working in a variety of settings including schools, military bases, and community health clinics. She is adept at utilizing a solution-focused approach to identify strengths in order to manage stressors and improve overall functioning. Jennifer is comfortable working with individuals as well as groups. She can be reached at Jennifer.L.Williams@Optum.com or 952.687.3104.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements Coverage exclusions and limitations may apply.

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