

MENTAL HEALTH RESOURCES FOR IOWA STATE EMPLOYEES

Below are some of the many mental health resources ISU WorkLife has identified that are ready and able to serve ISU employees.

MENTAL HEALTH SERVICES WITH ISU'S MEDICAL PLAN

Coverage for certain psychiatric, psychological, or emotional conditions as an inpatient or outpatient, accessed in person or through telehealth. Covered facilities include licensed and accredited residential treatment facilities and community mental health centers.

- Contact benefits@iastate.edu with questions regarding payment obligation or specific services



URGENT SITUATION RESOURCES AVAILABLE

YOUR LIFE IOWA

Your Life Iowa provides crisis service coordination, linkages to crisis screening, and mental health services 24 hours a day with Mobile Crisis Response Team (on-site, face-to-face mental health crisis services). Crisis Stabilization Community-Based Services (CSCBS) are short-term, five-day services designed to stabilize an individual experiencing a mental health crisis in the community. Information, referral, and counseling services are also available.

- Call **(855) 581-8111**, text **(855) 895-8398** or use the online chat function on yourlifeiowa.org

NATIONAL SUICIDE PREVENTION LIFELINE

24/7, free, and confidential support for people in distress.

- Call **988**

IOWA CONCERN HOTLINE

Offers information and referrals on legal education, financial concerns, stress counseling, and crisis/disaster. Available 24/7 at no charge. Iowa Concern Hotline is provided by ISU Extension and Outreach.

- Call **1-800-447-1985**

EMPLOYEE ASSISTANCE PROGRAM (EAP) PHONE-BASED SUPPORT

Masters-level clinicians are available to talk 24/7/365 at no cost to you. This line can be utilized any time you have a question, issue, or concern. EAP eligible participants include all benefits-eligible ISU employees, as well as their immediate family members.

- Call **1-800-327-4692**

For immediate concerns about an individual's safety or the safety of others, you are strongly encouraged to call 911.

NON-URGENT RESOURCES

ON-SITE COUNSELING

Free counseling on Iowa State's campus provided by an Employee and Family Resources counselor.

- Call **1-800-327-4692** to set up an appointment

NAMI IOWA (NATIONAL ALLIANCE ON MENTAL ILLNESS)

Works to provide the tools needed by friends, families, and persons with mental illness of all ages.

- Call the helpline at **1-800-950-NAMI (6264)** or visit namiiowa.org

MARY GREELEY MEDICAL CENTER

Provides mental health services regardless of a person's ability to pay. Talk to a nurse 24/7 for free health care advice, resources, and referrals.

- Call First Nurse in Ames at **515-239-6877**, toll-free in Central Iowa at **1-800-524-6877**, or visit mgmc.org

ONLINE RESOURCES AND TRAINING OPTIONS

WORKDAY LEARNING MENTAL HEALTH TRAININGS

The Mental Well-Being for Faculty and Staff training provides information to navigate personal and community mental wellness. Access the training using the direct link above, or:

- Open Workday and use the global navigation menu to access Workday Learning
- Under the Personal icon, select Learning
- Click the Discover icon, then click on the blue Browse Learning button
- In the search box, type "Mental Well-Being for Faculty and Staff"

LINKEDIN LEARNING MENTAL HEALTH TRAININGS

A variety of mental health-related courses are available via LinkedIn Learning

- Visit LinkedIn Learning and type "mental health" in the search bar for a full list of options

TAO (THERAPY ASSISTANCE ONLINE)

Provides instant access to tools that will help you navigate your mental well-being.

- Visit www.taoconnect.org/what_is_tao/us/ and log in with your ISU email

QUESTION. PERSUADE. REFER. (QPR)

Teaches you to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- Visit extension.iastate.edu/humansciences/QPR

MENTAL HEALTH FIRST AID

An 8-hour training course designed to provide key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

- Visit extension.iastate.edu for sessions, as available