

# MENTAL HEALTH RESOURCES FOR ISU 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](mailto:benefits@iastate.edu) with questions regarding payment obligation or specific services

## URGENT SITUATION RESOURCES AVAILABLE

### NATIONAL SUICIDE PREVENTION LIFELINE

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

- Call **1-800-273-8255**

### 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](http://yourlifeiowa.org).

### 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**

*For immediate concerns about an individual's safety or the safety of others, you are strongly encouraged to contact 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 **1-800-273-8255** or visit [namiiowa.org](http://namiiowa.org)

## ONLINE RESOURCES AND TRAINING OPTIONS

### TAO (THERAPY ASSISTANCE ONLINE)

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

- Visit [counseling.iastate.edu/resources/tao-self-help/](https://counseling.iastate.edu/resources/tao-self-help/)

### KOGNITO MENTAL HEALTH TRAINING

Teaches users how to recognize the signs of emotional distress, initiate a conversation leveraging evidence-based communication strategies and how to make a referral to support services.

- Log into **Learn@ISU** and search the ISU WellBeing catalog for “At-Risk Mental Health”

### 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](https://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 **Learn@ISU** for sessions, as available

### RESPOND TRAINING

An 8-hour training hosted by ISU Student Counseling Services that helps faculty, staff and administrators feel better prepared for how to respond to students or colleagues who are in distress or experiencing a mental health issue.

- Visit [counseling.iastate.edu](https://counseling.iastate.edu) for sessions, as available

# Looking for more information?

Email [wellbeing@iastate.edu](mailto:wellbeing@iastate.edu)

or visit [wellbeing.iastate.edu](https://wellbeing.iastate.edu)

and click on the Mental Health Resources tab.