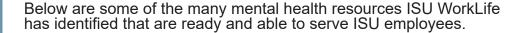
# MENTAL HEALTH RESOURCES FOR ISU EMPLOYEES





#### 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**

#### NATIONAL SUICIDE PREVENTION LIFELINE

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

• Call 988

#### 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.** 

#### **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.

• Call 1-800-327-4692

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

## **ONLINE RESOURCES AND TRAINING OPTIONS**

#### **WORKDAY LEARNING MENTAL HEALTH TRAININGS**

**Mental Well-Being for Faculty and Staff** training provides information to navigate personal and community mental wellness.

Visit Workday Learning and search "Mental Well-Being for Faculty and Staff"

#### **LinkedIn Learning Mental Health Content**

Visit Workday Learning and search "mental health"

# 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

# **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 for sessions, as available

# Looking for more information?