

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 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 **namiowa.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?

Email wellbeing@iastate.edu or visit wellbeing.iastate.edu
and click on the Mental Health Resources tab.