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 or 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.

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 namiioawa.org

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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/

**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

**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 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.

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