

# Employee Assistance Program

## Campus Coronavirus Updates

Visit the [University of Iowa coronavirus website](#) for the latest information about COVID-19 and the university's response. For help managing the impact of the crisis, find resources on [stress, coping, and support](#).



### Taking Care in Challenging Times

Learn signs of stress, ways to cope, and where to turn during and after a crisis.

Help Yourself and Others

# Employee Assistance Program

<https://hr.uiowa.edu/well-being/employee-assistance-program>

[hr.uiowa.edu/employee-well-being](https://hr.uiowa.edu/employee-well-being)

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## Why We Do What We Do

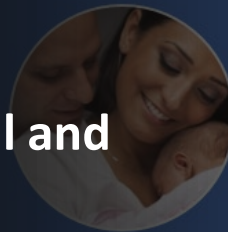
The World Health Organization defines well-being

as:

*“the state in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her own community”.*

- Back-up Child Care
- Financial Well-Being
- Resilience Training
- Confidential Counseling
- Critical Incident Support
- Online Sleep Program
- Suicide Prevention Training
- Support for Supervisors
- Health Coaching
- Elder Caregiving Services
- Mindfulness-Based Stress Reduction

**Purpose, Social, Community, Financial and Physical**



Family Services



UI Employee Assistance Program



liveWELL



## What Affects Engagement and Wellbeing? Stress

- Environment
- Colleagues/Families-People Bring Themselves
- Lacking Restful Sleep, Good Nutrition and Enjoyable Activities
- Financial Worries
- Managing Change
- Covid-19



**Hello You,  
this is the Real Me...**



# Mental Health at Iowa

Mental Health Resources

COVID-19 Coping and Managing

Collegiate Recovery Program

Suicide Prevention

- <https://mentalhealth.uiowa.edu/>
- **Health Coach Service** – One-on-one health coach appointments may be requested online at the [liveWELL website](#) or by emailing [livewell@uiowa.edu](mailto:livewell@uiowa.edu).
- **UI Employee Assistance Program (UI EAP)** – Free, confidential counseling when you email [eap-help@uiowa.edu](mailto:eap-help@uiowa.edu) or call 319-335-2085
- [Building Resilience + videos](#) – will be updating with more resources soon
- [Remote work during COVID-19 Guidance](#)
- [Learn Work and Lead Remotely – COVID-19 Specific Guidance](#)