

LiveWELL: Promoting Population Health

UI EAP: Mental Health & Well Being Resources

University Human Resources

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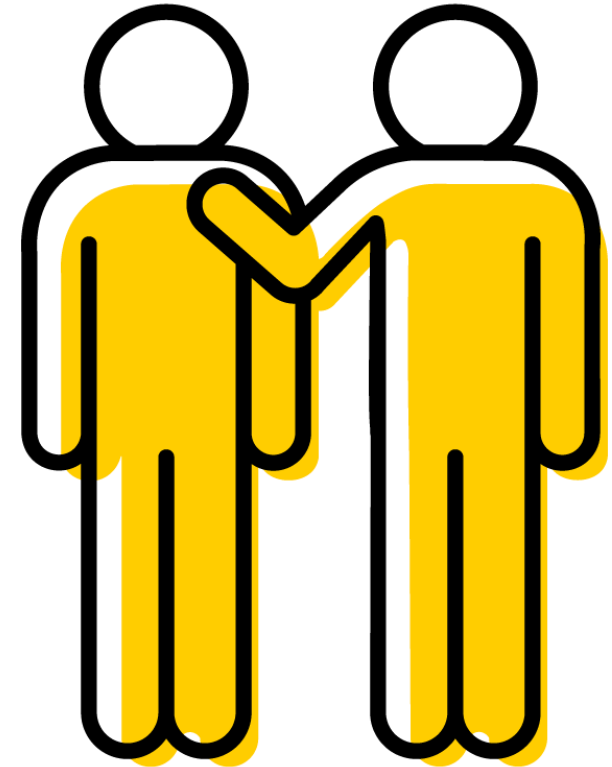
UI Employee Assistance Program (EAP)

Provide staff and their family with the most effective tools, resources, and support needed for achieving personal health and overall well-being

- Confidential Counseling and Referral Services (No encounters in EPIC)
6 free visits per event for staff and their dependents
- Emergency Hardship Fund
- Critical Incident and Campus Support
- Confidential Management and Supervisory Consultations
- Alcohol and Substance Abuse
- Suicide Prevention Training: Question Persuade Refer (QPR)

Consider a wellness check-in

No reason too small to attend



Employee Assistance Program

Short-Term Counseling

EAP offers short-term counseling to children, teens and adults as well as couples counseling. Common areas of focus are depression/anxiety, relationships, job stress, substance use and sleep.

To learn more about this service, scan the QR code and choose *Short Term Counseling*.



hr.uiowa.edu/employee-well-being/ui-employee-assistance-program



Employee Assistance Program

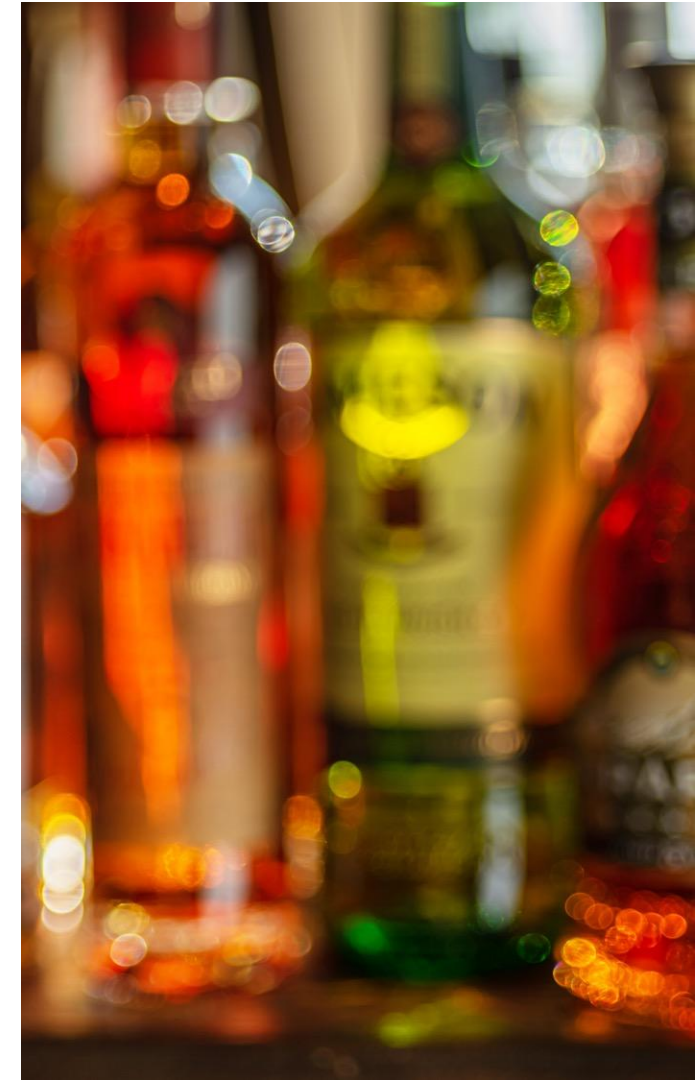
Substance Abuse Resources

The EAP utilizes a comprehensive approach to educate and intervene with persons who have substance abuse concerns.

To learn more about this service, scan the QR code and choose *Substance Abuse*.



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Employee Assistance Program

Emergency Hardship Fund

The UI Emergency Hardship Fund was established to assist eligible faculty and staff with costs of up to \$1000, related to an unforeseen emergency event or crisis, resulting in a financial hardship.

To learn more about this service, scan the QR code and choose *Emergency Hardship Fund*.



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SLEEPiO program



LiveWELL: Promoting Population Health

Did you know 30% of the US population endorses issues with sleep? So does the University of Iowa.

Sleepio is a digital sleep improvement program based on cognitive behavioral techniques for insomnia (CBT-I). The program teaches you evidence-based

- cognitive and behavioral interventions,
- sleep hygiene education, and
- relaxation exercises to target these unhelpful behaviors and thoughts.

- <https://www.bighealth.com/sleepio>

Employee Assistance Program

Suicide Prevention Training

Question, Persuade, Refer (QPR) is a suicide-prevention training designed to educate people from all walks of life how to recognize the warning signs of suicide.

To learn more about this service, scan the QR code and choose *Suicide Prevention*.



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SUPPORT GROUPS

Grief and Mourning Support Group

UI EAP is offering a four-part series supporting employees interested in exploring grief related to the loss of a loved one. Psychoeducation on grief and mourning will allow participants to share their experiences as they feel comfortable.

The support group will include two sessions in person and two virtual sessions. Maximum attendance is 15. Lunch will be provided for participants at the final session on Nov. 19, 2025.



REGISTER →

Dates

- Oct. 8, 2025
- Oct. 22, 2025
- Nov. 5, 2025
- Nov. 19, 2025

11-1230 at USB
In-person x2
Zoom x2



One in five Americans will experience a mental health condition in any given year, and more than half will experience a mental health condition in their lifetime

AND

They are more likely to turn to someone they know for help.

<https://strategicplan.uiowa.edu/>



RUOK?TM

A conversation could change a life.

What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

RUOK?TM

A conversation could change a life.

Received training/Early Adopters

- UHR--August, 2024
 - Office of Animal Resources—October, 2024
 - College of Law Admin staff—September, 2024
 - College of Business Leadership—October, 2024
 - ITS Enterprise Leadership—November and ongoing, 2024
 - DSL (leadership/staff)—November, 2024
 - DOS (leadership)—November, 2024
 - College of Education HR staff—February, 2025
 - CLAS HR—March, 2025
 - Wellness Ambassador Innovators—April, 2025
 - College of Engineering Leadership—April, 2025
 - Finance & Operations Leadership—April, 2025
 - Parking and Transportation leadership—May and June 2025
 - Ambulatory Clinic staff, Sioux City —May, 2025
 - Supply Chain/PVI leadership—May 2025
 - Dept. Cardiothoracic Surgery Nursing—June 2025
 - Nursing Leaders@ UIHC— July 2025
 - College of Pharmacy Staff—July 2025
- FUTURE:**
All of FM to receive training through FY26



Contact EAP if you would
like to bring RUOK to your
department!

Eaphelp@uiowa.edu

335-2085

Who will you

Ask



LiveWELL: Promoting Population Health

THANK YOU!

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