

IOWA



UI Well-being Update: Support Resources

Staff Council

3/20/24

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Director UI EAP

UI SUPPORT AND CRISIS LINE

We're here for you any time, via chat, phone, or text.

In partnership with CommUnity Crisis Services, the University of Iowa provides support for all students, faculty, staff, postdocs, and employees.

**Division of Student Life
Office of the Provost
University Human Resources**

Mentalhealth@uiowa.edu

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University Human Resources

CALL TEXT CHAT

24/7



Call: 844-461-5420

Call us now for phone support.

CALL US NOW →



Text: 844-461-5420

Send a text any time for help.



Chat online

Chat online via Iowa Crisis Chat.

CHAT NOW →

Supervisor Training@Iowa

<https://hr.uiowa.edu/development/supervisor-training-toolbox>

Mental Health and Well-Being



This on-demand training is designed for UI supervisors and managers and focuses on supporting the mental health and well-being of your employees. By improving your knowledge and skills in understanding and identifying mental health concerns, you will be better equipped to support your staff.

[ENROLL IN MHWB COURSE](#)

Since July 2023, 600 supervisors/staff have taken this course!

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Peer Support

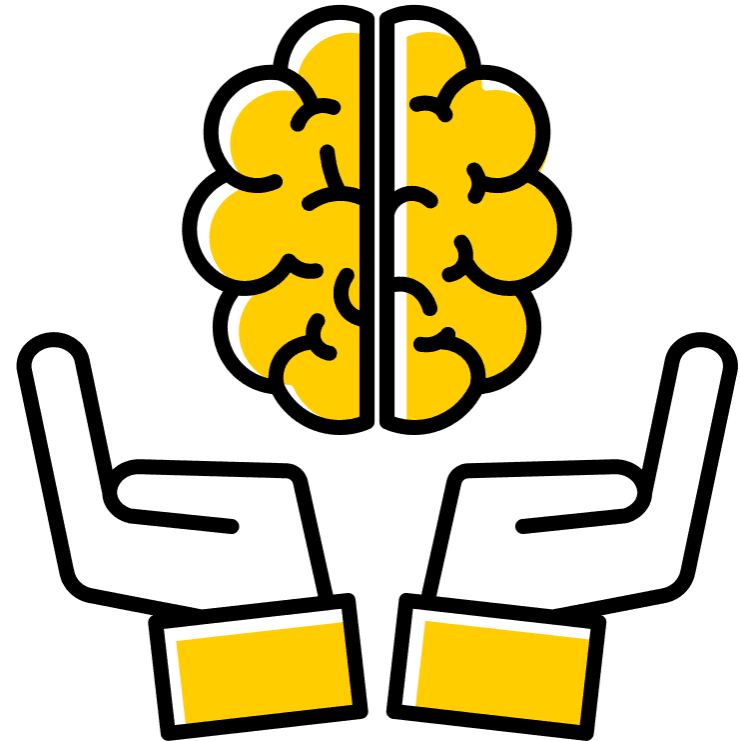
Holistic well-being and success: *Provide a comprehensive foundation of support for individuals throughout all stages of their relationship with the university.*

Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff.

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Peer Trainings FY24

- **QPR**
 - 100 people trained (2023)
 - FY24
 - January 20 employees trained
 - February 14 employees trained
 - March 19 employees trained
- **UIHC COPE Peer Support Trainings**
 - FY23—75
 - FY24—100+ thus far
- **Helping the Distressed Student (Scanlan)**
 - FY24 58 trained (2023).
 - (2 sections planned for Spring 2024)
- **Mental Health First Aid (MHFA) @Library**
 - FY24 50 trained + 13 trained (1/15/24). 130 Librarians total are eligible to receive training
- **ASIST (Applied Suicide Intervention Training) (Scanlan)**
 - FY24 25 people trained
 - Next training April 16-17



UI Employee Assistance Program

Schedule an Appointment

Suicide Prevention

Understanding Psychotherapy

Community Providers

UI Emergency Hardship Fund

The Employee Assistance Program (EAP) at the University of Iowa is dedicated to supporting the well-being of our faculty, staff, postdocs, and medical residents with confidential, short-term counseling; support for supervisors; and referral to community resources.

MEET OUR STAFF

SCHEDULE AN APPOINTMENT



Access : No Reason Too Small

- Confidential: EAP does not use EPIC
- FREE: Nothing submitted to insurance
- **6 sessions EVERY YEAR**
- Family is eligible
- You see the Same person each time (unless you request a change, which is FINE)
- Continuity of care/referrals
- Easy to access: In person/zoom/phone
- Three locations (in person/zoom)
- Lunch and after work appointments
- Don't forget about Doctor on Demand NOW available for behavioral health

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Questions