



Feeling Overwhelmed?

Explore **free** employee resources that may help

Employee Assistance Program

- Covers six visits per year at the **ISU Psychology Clinic** or three visits per year to an off-campus licensed mental health provider
- Access by contacting the ISU Wellness Coordinator at **812-237-4117** or **ISU-EmployeeWellness@indstate.edu**

ISU Wellness

Supports a number of [events and initiatives](#) to improve employee physical and mental health.

Annual Wellness Survey

- Completed through Union Health prior to biometric screening appointments
- Offers free “challenge” options tailored to your self-improvement goals

HealthAdvocate by UNUM

Over-the-phone service (**800-854-1446**) provides 24/7 access to

- Short-term professional counseling services for mental health needs
- Access to work/life specialists who can help with concerns about work-life balance
- Access to trained consultants for questions about life planning (e.g., wills, power-of-attorney)
- Consultants to answer questions about FMLA, short- or long-term disability, or life insurance
- Consultation for managers who wish to discuss an employee concern

Website offers:

- Online webinars
- Monthly newsletters
- Legal and financial planning tools
- Mental health resources to support employee wellness and work-life balance.

Sycamore e-Learning (Skillsoft)

- Accessed through a badge on the ISU Portal (“online learning and training resources”)
- Offers a range of topical online courses, books, videos, and resources
- Search “stress” for recommended wellness resources
- Enter other search terms for specific workplace problems (e.g., bullying, conflict)