

Your Mental Health Matters

Support Resources for IU Employees

At Indiana University, we strive to foster a culture of care where employees feel supported in prioritizing their mental health and well-being. Starting conversations about mental health can be challenging, but reaching out when you're struggling can make a big difference. It's up to all of us to create a workplace where everyone feels valued and supported.

It's okay to not be okay.

You're not alone and there are resources to help.



workplacementalhealth.iu.edu



Free, 24-hour support

SupportLinc employee assistance program (EAP) offers free, confidential access to licensed counselors who can provide short-term assistance if you're facing a mental health concern. Services include:

- 24/7 support line.
- Short-term assistance and referrals for issues such as stress, depression, and work-related pressures.
- Up to six free counseling sessions per issue per year, either in-person or virtually.
- Comprehensive technology suite including text therapy, group support, self-guided digital therapy, and more.

24/7 Support Line: 888-881-5462

Website: supportlinc.com (group code iu)



Employee health centers

Employees, spouses, and children enrolled on an IU medical plan have access to mental and behavioral health care through the Marathon Health employee health centers.

- Schedule in-person or virtual visits.
- 19 locations across Indiana, and hundreds in other states.
- Visits cost just \$35, which is billed through your Anthem insurance and applied to your deductible.
- Receive primary, sick, and mental health care, as well as labs, all under one roof.

Schedule an appointment:

Call: 866-434-3255

Patient Portal: my.marathon-health.com



IU medical plan coverage

Employees and family members enrolled on an IU medical plan have access to a wide range of mental health services including:

- Virtual visits with a therapist, psychologist, or psychiatrist through Anthem LiveHealth Online.
- Inpatient and outpatient therapy, counseling, and substance or alcohol use treatment with Anthem network providers in the community.
- Intensive in-home behavioral health services.
- Learn to Live self-guided digital cognitive behavioral therapy (CBT).

Anthem Member Services: 844-436-0920

Find a provider: anthem.com/find-care

How to help someone who

may need support:

The simple act of checking in can make all the difference. Try these conversation starters while keeping the following in mind:

- Find a place and time where the person feels safe & comfortable.
- Be a good listener and encourage them to keep talking while also paying close attention to signals that they may need a break.
- Resist the urge to think about how you should respond or offer advice.
- Show respect, compassion, and empathy for their feelings with responses like "That sounds hard to manage" or "I'm sorry things are difficult right now."
- Connect them with the mental health resources for IU employees available on workplacementalhealth.iu.edu.
- If you believe that danger or self-harm seems imminent, **don't hesitate to call 9-1-1.**

"How are you feeling?"

"I've noticed that..."

"Are you okay?"

"Do you want to take a walk and chat?"



Healthy IU

Healthy IU—your workplace wellness program—offers free programs, resources, and training to help you live your best you at home, at work, and everywhere in-between. Check out their website to see what's being offered on your campus.

Website: healthy.iu.edu



If you or someone you know is struggling, visit:

workplacementalhealth.iu.edu