



You Don't Have to Go It Alone

As a University of Idaho employee, you have access to valuable benefits and resources to help you through difficult times—no matter the stress you're under or the situation you're facing. You don't have to go it alone.

Find more information at uidaho.edu/benefits.



Access professional help over the phone or in person for anxiety, stress, depression, substance abuse, parenting issues, grief and relationship challenges. You also have access to internet-based cognitive behavioral therapy. Learn more inside.



Signs of Crisis

Watch for these indicators—in yourself and others—that could signal an emotional crisis:

- A clear and abrupt change in behavior
- A loss of interest in activities that were previously enjoyed
- Withdrawal from social activities and relationships
- A marked decline in work product quality
- An abrupt change in routine, such as someone who was always early or on time becoming habitually late
- An abrupt change in appearance, such as weight loss, weight gain or lack of hygiene
- Dramatic mood swings, like anger, confusion, sadness, depression or anxiety
- Frequent substance use, often to the point where it interferes with daily life

Source: American Psychological Association

Help When You Need It

Confidential In-Person Counseling Through the EAP

As a benefits-eligible university employee, you and your family members have access to the Employee Assistance Program (EAP). You don't need to participate in a university medical plan to access these services.

The EAP provides:

- Eight free telephone counseling sessions per person per issue
- 24/7 access to counselors and online, self-help resources
- Referral services for childcare, eldercare and more
- Free 30-minute consultation with an attorney or financial counselor

Call 800-999-1077 or visit eaphelpink.com (company code: UI1).

Online Support Anytime, Anywhere Through TELUS Health CBT

Access Confidential Behavioral Therapy Support

TELUS Health CBT (formerly called "AbilitiCBT") is an internet-based cognitive behavioral therapy program available at no cost to benefits-eligible university employees and family members. This program helps participants understand and change their thoughts, feelings and behaviors.

To connect by phone or video with a licensed professional, including social workers, psychologists, psychotherapists or counselors, visit uidaho.abilitictbus.com/home.

WHEN YOU OR A LOVED ONE NEEDS SUPPORT

Understanding what stress, anxiety and depression look like can help you recognize when you or someone you love needs support. If you identify an issue, you and your covered family members have support available.

WHAT STRESS, ANXIETY AND DEPRESSION CAN LOOK LIKE

In Crisis

- You can't stop thinking, "The world would be better off without me." You feel out of control and afraid you might hurt yourself or someone else.
- Your drinking might be a problem. You drink a lot, and you drink alone. It's affecting your relationships, your health, and your work.

Depressed or Anxious

- You've been lying in bed for the past hour, too depressed to start your day. Taking that first step feels impossible.
- You've been caring for someone with a serious illness. You're physically and emotionally spent.
- You've recently lost a close friend or loved one, and you're finding it hard to engage in even the simplest of tasks.
- Your coworker recently divorced and seems out of sorts, missing meetings and deadlines.
- You might have to declare bankruptcy. You feel like you're in a financial hole that you'll never climb out of.
- Your coworker has been making inappropriate comments that make you feel uncomfortable—bullied, even. You feel anxious every day at work.

Moderately Stressed and Worried

- Your spouse has become antisocial and spends most nights alone on the couch watching TV and drinking. Should you be concerned?
- You're chronically stressed and you've lost so much weight. You're finally thin—how come you feel so terrible?

Moderately Stressed

- Irritants that normally wouldn't bother you annoy you. Between the constant phone calls and endless meetings, you want to scream.
- You can't remember your last full night of uninterrupted sleep. How will you do your job when you're constantly exhausted?

WHERE TO GO FOR SUPPORT

988 SUICIDE AND CRISIS LIFELINE

Call or text to 988

Chat: 988lifeline.org/chat

SUICIDE PREVENTION RESOURCE CENTER

sprc.org

BLUE CROSS OF IDAHO

 Substance abuse/addiction benefits for individuals covered under
 university medical benefits

800-743-1871

bcidaho.com

EMPLOYEE ASSISTANCE PROGRAM (EAP)

 Substance abuse, mental health and financial counseling and support
 800-999-1077

 eaphelplink.com (company code: UI1)

TELUS HEALTH CBT

 Online cognitive behavioral therapy

 uidaho.abiliticbtus.com/home

WONDR HEALTH

 Digital health and wellness program for individuals covered
 under university medical benefits

wondrhealth.com/uofi

DISCOUNT PROGRAMS

 Get your R&R with discounts on travel, hotels, spa treatments,
and more.

perksatwork.com (company code: EAP)

uidaho.savings.workingadvantage.com/home

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

 samhsa.gov

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

anad.org

12-STEP PROGRAMS

 Alcoholics Anonymous

 aa.org

Debtors Anonymous

debtorsanonymous.org

Gamblers Anonymous

gamblersanonymous.org/ga

Narcotics Anonymous

na.org

AL-ANON

 For family and friends of alcoholics

 al-anon.org

U OF I HUMAN RESOURCES

 Need time to recharge? Review your leave options.

 uidaho.edu/human-resources

You can file a work incident report and receive
confidential counseling.

uidaho.edu/human-resources/employees/report-a-concern

In Crisis

Moderately Stressed and Worried

Depressed or Anxious

Moderately Stressed