

RESOURCES TO HELP WITH STRESS

For employees with health insurance coverage through UHC:

www.myuhc.com

<https://www.liveandworkwell.com/en/public/custom/covid19.html>

Or phone: 866-314-0335

Employee Assistance Program (does not require UHC insurance)

WorkLife Matters (Employee Assistance Program):

Email: eapcounselor@ibhcorp.com

Phone: 1-800-386-7055 Available 24 hours a day, 7 days a week

Web: www.ibhworklife.com

MUST GIVE User name: Matters Password: wlm70101

FREE Online Resources

From U S Department of Health and Human Services

<https://health.gov/myhealthfinder/topics/health-conditions/heart-health/manage-stress>

From The Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

From Healthguide.org (a nonprofit dedicated to better emotional health)

<https://www.helpguide.org/articles/stress/stress-management.htm>

Other Local Resources

Centerstone in Bloomington, Bedford, Spencer, Columbus (North Marr Rd)

Resource Referral Line: Call 2-1-1 (or 866-211-9966) and the referral service will look for available resources in areas of housing, food, and mental health services.

For IU students, faculty, staff:

WellTrack, a [mobile app free to the IU community](#), offers a suite of online tools and courses that use aspects of Cognitive Behavioral Therapy to help users manage mental well-being. The information shared via the app is completely confidential and will not be associated with any user's clinical charts or academic records. Faculty and staff can use the app themselves or recommend the resource to students experiencing stress and anxiety.