

November President's Council
November 11, 2020

Resources

COVID-19 Public Dashboards

<https://asqk.ehs.iastate.edu/coviddashboard>

COVID-19 Supporting Campus Wellbeing

- [COVID-19 Testing](#)
- [Tips for Students Returning Home](#)
- [Caring for Mental Health During Periods of Stress & Uncertainty](#)
- [Taking Care of Your Health During a Pandemic](#)

[CycloneHealth.org](#)

- **Landing page that connects to all 4 Student Health & Wellness departments**
 - ✓ **Recreation Services**
 - ✓ **Student Wellness**
 - ✓ **Student Counseling Services**
 - ✓ **Thielen Student Health Center**

ISU Mental Health Resources

- **Student Counseling Services**
 - Services include group therapy, workshops, individual counseling, biofeedback, career counseling, and couples counseling.
 - 515-294-5056
- **Thielen Student Health Center**
 - Student Health offers comprehensive outpatient mental health care, from primary care through psychiatry.
 - We screen students at every visit for mental health issues.
 - 515-294-5801
- **Crisis Text Line**
 - Text "ISU" to 741741 - access to a trained crisis counselor 24/7
- **Ulifeline** <http://www.ulifeline.org/iastate/>

- ULifeline offers students mental health screening tools, information about mental health issues, and resources for learning more and getting help.
- **Therapy Assistance Online (TAO)**
<https://www.counseling.iastate.edu/resources/tao-self-help/>
 - Online self help resources
- **Student Wellness**
 - [Student Wellbeing Toolkit](#)
 - [Collegiate Recovery Community](#)
 - [Screening, Brief Intervention and Referral to Treatment](#)
 - [Sleep Well](#)
 - [Joyful Eating](#)
 - [Recreation Services](#)
 - [Intramural Sports](#)
 - [Fitness](#)
 - [Outdoor Rec](#)
 - [Sport Clubs](#)
- **Employee Wellness**
 - [ISU WellBeing](#)
 - [Mental Health Resources](#)
 - On-campus [EAP services](#) for faculty and staff (located in the Communications Building)
 - Call 1-800-327-4692 to schedule an appointment