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/](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