

As the coronavirus (COVID-19) pandemic continues to evolve, the safety and well-being of our UVU colleagues continue to be at the forefront of our thoughts.

It is important to remember that your mental health is just as important as your physical health. Experiencing stress, anxiety, depression, grief, and/or uncertainty is normal when dealing with unusual circumstances that are out of our control. Maintaining good mental health can help you and your family better cope with COVID-19 and the uncertainty it is creating.

Reliant Behavioral Health (RBH/IBH), UVU's Employee Assistance Program (EAP), offers up to four free counseling sessions to eligible employees and their dependents covered under one of UVU's medical plans. For more information or to access these services, visit one of the links listed below under Reliant Behavioral Health EAP or call 1-866-750-1327.

In addition to the employer-sponsored EAP, a variety of local resources have been provided to assist in accessing emotional support and mental health services for you and your family.

If you have additional questions, please contact the HR Service Center at 801-863-8207.

Reliant Behavioral Health EAP:

[Reliant Behavioral Health EAP](#)
[myUVU/EAP](#)
[Reliant EAP Flyer](#)

Coping with Stress/Self-Care:

[Centers for Disease Control and Prevention](#)
[Help Guide: Coping with Stress, Fear, and Worry](#)
[Coping with COVID-19: Self-Care](#)

Mental Health Self-Assessment Screening:

[Self-Assessment Screening](#)

Mental Health Resources:

[Your Mental Health and COVID-19](#)
[Mental Health Resources for Adults and Children](#)
[COVID-19 Mental Health Resources](#)
[United Way 211 Mental Health](#)
[Intermountain Healthcare Emotional Health Relief Hotline](#)

Financial Resources:

[Department of Workforce Services COVID-19](#)
[Financial Resources for Coping with COVID-19](#)