

UVU MENTAL HEALTH RESOURCES

AS OF MARCH 2021

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Located in myUVU under Benefits Service Center

UVU's Employee Assistance Program (EAP) offered through Reliant Behavioral Health (RBH/IBH), has provided several resources to assist employees in this time of high anxiety and uncertainty.

Assistance Situations Include:

- Counseling (4 sessions per incident)
- 24-hour crisis help
- Legal services
- Financial help and much more.

Access this service by calling Reliant Health at 1-866-750-1327 or log on at [MyRBH.com](https://www.myrbh.com) access code: **UVU**

THE EAP IS PROVIDED AT NO COST TO ALL FULL-TIME AND PART-TIME (NON-STUDENT) EMPLOYEES AND DEPENDENTS.

SUPPLEMENTAL RESOURCES

DOCUMENTS

- [Employee Assistance Program Information](#)
- [Help Employees Bounce Back Stronger](#)
- [MyStrength Additional Mental Wellness Tools](#)
- [Mindfulness Helps Boost Mental Health](#)
- [Tips For Coping With Cabin Fever](#)
- [Emotional, Spiritual & Physical Self-Care](#)
- [Managing Anxiety](#)
- [Stress Signals: When Your Body Says Help](#)
- [Resilience When Faced with Stress](#)
- [Staying Fit in Extraordinary Times](#)

VIDEOS

[IBH Webinar Series - COVID 19 Resources](#)

Information related to work from home and the unique circumstances during the pandemic

[IBH Webinar Series - Employee and HR Training](#)

Mental health webinars covering several different work and home issues.

HELPFUL APPS

- [Calm App](#) - 7 Day Free Trial
- [Headspace](#) - 7 Day Free Trial
- [Ten Percent Happier](#) - 7 Day Free Trial
- [Insight Timer](#) - Free with an option to upgrade



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