

As the coronavirus (COVID-19) pandemic continues to evolve, the safety and well-being of our UVU colleagues continues 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's creating.

Reliant Behavioral Health (RBH/IBH), UVU's Employee Assistance Program (EAP), is now available to **both** full and part-time (non-student) UVU employees and their dependents. The EAP offers up to 4 free counseling sessions for recent qualified incidents. 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 other local resources, including UVU's medical plan administrator Regence BlueCross BlueShield, have been provided to assist in accessing emotional support and mental health tools and 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/MentalHealth](#)  
[Mindfulness](#)

**Regence BlueCross BlueShield:**

[MyStrength Mental Wellness Tools](#)  
[Regence Empower COVID-19 Resource Center](#)

**Coping with Stress/Self Care:**

[Centers for Disease Control and Prevention](#)  
[Help Guide: Coping with Stress](#)  
[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](#)  
[IHC Emotional Health Relief Hotline](#)

**Financial Resources:**

[DWS COVID-19](#)  
[Financial Resources for Coping with COVID-19](#)