

University of Iowa Hospitals & Clinics: Thriving Physician Resources

Prevention

LiveWell Program

Free services designed to support personal health and wellness efforts, no matter where you are on the health continuum.

- **Health Coaching:** Work one on one with a free health coach for up to five sessions to create a personal plan to meet your wellness goals.
Available in person, televideo or phone.
 - **LiveWELL trainings:** Free online courses covering a variety of wellness topics.
 - **50% off membership to Campus Recreation and Wellness Center (UI Gym Network).**
- Website: <https://recserv.uiowa.edu/Faculty-Staff-membership>
- **Additional free programs:** 10 week weight management online course and 12 month diabetes prevention program.

Phone: **319-353-2973**

Email: livewell@uiowa.edu

Website: <https://hr.uiowa.edu/employee-well-being/livewell>

Health and Well-Being Resource Guide

List of health and wellness resources available to UIHC faculty and staff including free resources on financial well-being, resilience, nutrition and more!

Website: <https://hr.uiowa.edu/well-being/livewell/health-and-well-being-resource-guide>

Don't know where to start?
Please call, email or visit the GME office

GME office phone: **319-356-2256**

Email: gmeoffice@uiowa.edu

Dr. Mark Wilson, GME director, phone:
319-621-1703, pager: **9643**

Employee Assistance Program:

Phone: **319-335-2085** (available 24/7)

Immediate Assistance

UIHC Employee Assistance Program

Free and confidential counseling services designed for employees to assist with emotional health, stress, fatigue, depression, suicide prevention, grief, substance use and more. **Evening hours available.**

Phone available 24/7: **319-335-2085**

Email: eaphelp@uiowa.edu

Website: <http://hr.uiowa.edu/uieap>

Counseling Services

There are many confidential one on one counseling options available at UIHC.

- Employee Assistance Program (for UIHC employees): **319-335-2085**
- Seashore Psychology Clinic: phone **319-335-2467** or email seashore-clinic@uiowa.edu
- Women's Resource and Action Center (WRAC): **319-335-1486**
- Rape Victim Advocacy Program (RVAP): **319-335-6000**
- LGBTQ Counseling Clinic. Email: LGBTQ-Clinic@uiowa.edu
- Also consider the **many other private therapists** in the Iowa City community.

Mental Health/Psychiatric Services

UIHC Psychiatry: **319-353-6314**

UI QuickCare Old Capitol Town: **1-800-777-8442**

UI Scott Blvd Psychiatry: **319-353-6314**

Mercy Behavioral Health Clinic: **319-688-7024**

Substance Use Disorder Resources

UIHC provides outpatient treatment resources for alcohol and drug use, including individual and group counseling sessions and OWI evaluations.

Phone: **319-384-8765**

Website: <https://uihc.org/substance-use-disorders>

Email: co-mat-ia@healthcare.uiowa.edu

Emergency Assistance

Crisis Management & Suicide Prevention

National Resources:

National Suicide Prevention Hotline: **800-273-8255**

Crisis Text Line: **Text "HOME" to 741741**

State & County Resources:

CommUnity Crisis Center of Johnson County, Iowa:

Call: 855-325-4296

Mobile Crisis Outreach Unit: **Call: 855-800-1239**

Iowa Crisis Chat: iowacrisischat.org

Your Life Iowa: **Call: 855-581-8111 or Text:**

855-895-8398 or Chat: yourlifeiowa.org

Iowa City Resources:

UIHC Emergency Treatment Center: **319-356-2233**

Mercy Hospital Emergency Room: **319-339-3600**

The University of Iowa Police: **319-335-5022**

UI Threat Assessment Team: **319-384-2955**



Remember to Check Out Medhub!

To learn more about all the resources available to UIHC residents please visit Medhub where you can find resident specific policies as well as a **comprehensive list** of all Thriving Physician Resources.

Website: uiowa.medhub.com

Updated January 2021 by UIHC Residents