Resources to Support Employee Emotional Wellness

**Work-Life Solutions (EAP)**
This employee assistance program offers free, confidential, 24/7 support and resources for employees and their family. Help is available for:

- Emotional counseling - consult with trained clinicians
- Legal issues – get guidance from an attorney
- Financial concerns – speak with financial experts
- Work/life resources - finding child or elder care to home repair and event planning

Call 844-365-4587 or visit [GuidanceResources.com](http://GuidanceResources.com) and enter the Web ID: WASHU

**United Healthcare Nurse Advocate – Jill Garrelts, RN, DNP**
Jill is a nurse practitioner with a broad range of experience in healthcare and academia. She is dedicated to Washington University and available to help employees address their health in a number of ways:

- Finding a mental health provider in the United Healthcare Behavioral Health network.
- Assistance locating a provider who offers mental health services via phone or video.
- Managing chronic conditions, like high blood pressure, diabetes, heart disease, etc.
- Navigating UnitedHealthcare tools and resources.

*Virtual Visits* - You can also connect with a mental health provider from the comfort of home using a virtual visit. Convenient appointment times are available to accommodate busy schedules and may be a more timely option. Behavioral health virtual visits provide quick and easy access to behavioral health professionals from your mobile device, tablet or computer. Under “Provider Type”, select “Telemental Health Providers”.

*Talkspace* – Message a dedicated therapist anytime, anywhere, 24/7. Therapists respond daily, five days a week. Schedule live video sessions, when needed. Learn more at [talkspace.com/connect](http://talkspace.com/connect).

Copays or co-insurance apply. Call 800-382-2599 or visit [myuhc.com](http://myuhc.com) - click “Find a Doctor”.

Contact Jill directly at 314-440-3882 or [jill_garrelts@uhc.com](mailto:jill_garrelts@uhc.com)

**WashU Mental Health Services for Employees and Families**
Washington University Psychiatry now offers dedicated access for WashU health plan participants. As part of your **WUDirect** benefit, these physicians are available to see new patients within two weeks. Treatment specialties include: Anxiety disorders, Depression and mood disorders, Schizophrenia and psychotic disorders, ADHD and impulse control disorders, Psychopharmacology, Child and adolescent psychiatry.

For appointments call 314-286-1700 or visit [Psychiatry.wustl.edu](http://Psychiatry.wustl.edu).
Move Into Mindfulness Program
This Mind-Body Stress Reduction (MBSR) program utilizes both formal and informal mindfulness meditation practices to teach participants how to reduce stress, increase concentration, manage health problems and live more fully productive lives. The full program consists of two 7-week series, Basics and Beyond the Basics, as well as advanced training on a variety of themes. Weekly drop-in practices and seminars are also available via Zoom. Visit wellnessconnection.wustl.edu/mindfulness to learn more.

In-Person and On-Demand Exercise Opportunities
WashU Rec is open to members for in-person recreational facilities and programming. In addition, a series of 12 on-demand workout videos are available on the WashU Rec YouTube channel. Learn more at https://students.wustl.edu/bearfit-classes/.

MyWay to Health Wellness Consultants
This WashU faculty-developed program is rooted in 25 years of research and offers employees individual consultations with a registered dietitian. Participants work to set goals and overcome barriers to improving their health and quality of life. The focus is on eating a nutritious diet, building regular routines for exercise, establishing healthy sleep and emotion management practices. Schedule a session at wellnessconnection.wustl.edu/MyWaytoHealth or email MyWaytoHealth@wustl.edu.

Tri-Annual Wellness Challenges
Walk around the USA, visit world wonders, paint a picture of someone you care about – these are some of the fun, virtual challenges offered for benefits-eligible employees three times a year. In addition to tracking your individual performance, you can join a team of friends and colleagues to compete for the “Golden Shoe” trophy! Most importantly, you are part of a community of wellness-seekers who share positive and inspiring stories along the way. Learn about our next wellness challenge at https://hr.wustl.edu/items/activitychallenge/.

Programs Available by Request
Departments located at other locations or those looking for additional assistance can request a program or presentation. Please complete the form at hr.wustl.edu/wellness-connection/request-program/.