



# Resources For Emotional Wellness

## PRIORITY HEALTH

- ✖ **MyStrength:** MyStrength is a new digital wellness tool for mental strength, created in partnership with Livongo. Members simply need to create a username and password, provide their first name, DOB (to verify age 13+), gender (optional), and email address. MyStrength offers resources specific to COVID-19 and is available for free from April 16–June 30, 2020, for all members over 13 years old. The site provides the following options around managing the mental well-being around the COVID-19 crisis:
  - ✖ Tools to track health, set goals and habits, and improve sleep
  - ✖ Activities around heightened stress, anxiety, emotional effects
  - ✖ Inspirational images
- ✖ **Behavioral Health Teletherapy:** As a Priority Health member, you have access to behavioral health teletherapy through the Spectrum Health Now app. Talking with an expert can help you work through and manage stress, worries, anxieties and other matters. Spectrum Health is just one of the virtual health providers accepted through Priority Health. Members can always talk to their in-network provider to see if they offer virtual care. To learn more about mental health, review the Priority Health toolkit. For more on teletherapy, view the Spectrum Health flyer.
- ✖ **Social Work:** Priority health has a designated social worker who is available to Priority Health members. The social worker can assist in finding in-network behavioral health providers, navigating the behavioral health system, coordinating your care, and connecting you with resources to help you be at your healthiest.

## ENCOMPASS

**Encompass** is our Employee Assistance Program (EAP). Individuals and their families are able to access 7 sessions per life event, per issue.

- ✖ Encompass offers 24/7/365 clinical in-the-moment counseling support to employees in need and consultation to management on issues related to COVID-19 is ongoing. They are available to all levels of leadership and employees within GVSU to navigate the emotional, financial, and life-altering fall-out of the pandemic. They remain available to provide support for all other issues as well and extend other services such as legal and financial consultation, personal assistance, medical advocacy, child and elder care consultation, coaching, and chat services.
- ✖ Their website, MyLifeExpert.com, has extensive articles, information and interactive features to support you. For new users, create a My Life Expert account using the company code: **gvsuni**.
- ✖ Confidential counseling options include virtual and telephonic sessions offered on HIPAA compliant platforms.
- ✖ Encompass offers informational webinars covering the challenges of the pandemic and how it relates to and impacts the professional and personal lives of employers, HR professionals and employees. Offerings include topics such as working from home, coping with the pandemic, mindfulness, financial issues, and self-care.

## WORK LIFE RESOURCES

- ✖ **Work Life Resources:** To support our mission to promote and encourage healthy lifestyles to enhance the quality of life for the GVSU community and their families, a comprehensive list of work life resources is available to you as part of your wellness services at Grand Valley.
- ✖ **Network Communities:** Looking to expand your professional networks for social and career development? Join a Network Community! There are a number of communities available to you as a GVSU employee. These peer-led groups are for faculty and staff who are looking for support around a variety of shared personal interests and issue.
- ✖ **Mindfulness and Kindness at GVSU:** Download and send a Kindness Card to a colleague, check out our Wellness Toolkits, or take a breath with 1-minute mindfulness videos.

GRAND VALLEY STATE UNIVERSITY

# HUMAN RESOURCES

BENEFITS & WELLNESS | PROFESSIONAL DEVELOPMENT | CONFLICT RESOLUTION | CAREER SERVICES | COMPENSATION & EMPLOYMENT

[gvsu.edu/hro/benefitswellness](http://gvsu.edu/hro/benefitswellness)