

SIUE FACULTY WELLNESS SUPPORT QUICK GUIDE

FREE, SHORT-TERM COUNSELING AND REFERRALS

The Employee Assistance Program (EAP) provides help with your life outside of work. It is a free, voluntary, and confidential program that provides a problem identification, counseling and referral service for State of Illinois employees (that's us) regardless of the health plan you use. It's run by ComPsych's Guidance Resources Program and offers support, resources, and information for relationship and marital conflicts; stress, anxiety, and depression; financial and legal questions; and finding childcare and elder care. This can be a way to try counseling and other services prior to accessing your health plan.

Contact information:

Phone: 833-955-3400 (TTY: 800-697-0353) Supported 24/7

Online: [GuidanceResources.com](https://www.guidanceresources.com) Web/App ID (Organization): StateofIllinois

COUNSELING, THERAPY, BEHAVIORAL WELLNESS THROUGH YOUR HEALTH INSURANCE

All health insurance plans offered at SIUE have coverage for you to see a counselor or therapist (for a fee). The phone number and/or website is usually on your card (check the back).

If it's your first time setting up counseling, try calling or web chat—the support person can walk you through the process.

Don't know who you want to be your counselor? **Search for a Therapist** with Path Mental Health: Path is a mental health referral group that can help you find a high-quality therapist who is in-network with your health insurance. Path's services are open to all SIUE students, faculty and staff, and they have a broad and diverse network of Illinois therapists.

QUIT SMOKING, LOSE WEIGHT, GET CONTROL OF YOUR FINANCES, AND OTHER WELLNESS

State of IL employees can use the Be Well Illinois site to view wellness webinars, monthly health awareness causes, and information on financial wellness, healthy eating, and exercise. Note, it occasionally asks for a log in, but just hit cancel as it is not password protected.

<https://www2.illinois.gov/cms/benefits/StateEmployee/BeWell/Pages/default.aspx>

Did you know your health insurance might give you discounts and support for free or reduced prices for you and family members on your plan? Check here to see what each plan offers

<https://cms.illinois.gov/benefits/stateemployee/bewell/healthplanprograms.html>

Ready to stop smoking or vaping? You can either use the State of Illinois CMS benefit to receive a \$200 reimbursement for a smoking cessation program or go through your health insurance plan.

<https://cms.illinois.gov/benefits/stateemployee/smokingcessation.html>

HEALTHIER AIR IN YOUR HOME AND OFFICE

Ameren Illinois offers discounts and rebates on energy efficient air purifiers. Air purifiers are portable, electric appliances that remove fine particles, such as dust and pollen, from the air making it safer to breathe. Currently a desktop air filter can be purchased for less than \$15 using their instant rebate.

<https://www.amerenillinoisavings.com/residential/air-purifiers/>