

What to Do When Life Happens

1. Employee Assistance Program

Iowa State offers this program as an employee benefit. The EAP provides you timely and free access to confidential, professional services when you are facing a personal problem.

<https://hr.iastate.edu/employee-assistance-program>



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2. Family Medical Leave Act

The FMLA is a federal law requiring covered employers like Iowa State to provide employees with time off work in specific situations. FMLA covers life situations such as birth of a child, adoption and foster care, serious health concerns for partners and children, and more.

https://iastate.service-now.com/esc?id=emp_taxonomy_topic&topic_id=9705ed9c475dbd90c3c149de536d434d



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3. Story County Community Services

Assists residents with resources and services to improve their lives. These services include general assistance, counseling, and support with mental health, disability services, rent, and utilities.

<https://www.storycountyiowa.gov/1650/Other-Programs-and-Information>



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4. Ombuds Office

Ombuds Office is a confidential, independent, neutral resource you can use to informally work through challenges you might be facing in the workplace or at school – with colleagues or supervisors, major professors, or policies and procedures
<https://www.ombuds.iastate.edu/>



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5. Flexible Faculty Policies

Various policies are available to support faculty as they balance professional responsibilities and personal needs

<https://www.provost.iastate.edu/faculty-success/work-life>

