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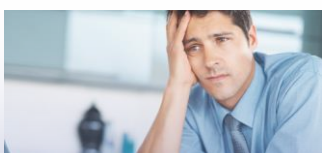
What is Online Mental Health Screening?

Many people struggle with mental health problems, but find it difficult to start addressing their concerns because they don't really know what's going on or how to describe what's happening in their minds. At times not seeking help is likely due to the frustration associated with possibly being judged, or perceived in an unfavorable manner. Sometimes the words used by doctors and other clinicians to describe mental health problems aren't *the same words a person would use* to describe their experience.

Taking an online mental health screening is one of the quickest and easiest ways to determine if someone is experiencing symptoms of a mental health condition. To facilitate this process, the Office of Employee Assistance, now offers an anonymous online platform for FIU faculty and staff members to directly access and complete a mental health screening. The program site is very easy to navigate. The screening questionnaires are brief and designed to elicit responses in the manner in which *the person feels at the moment*.

There are eight different validated screening tools to pick from based on the particular situation that the individual is experiencing.

- Depression
- Bipolar Disorder
- Substance Use Disorder
- Alcohol Use Disorder
- Eating Disorder
- Post-Traumatic Stress Disorder
- Generalized Anxiety Disorder
- Brief Screen for Adolescent Depression



Learn more about OEA and what services we offer.

Page 3



The screenings are not limited for the use of faculty and staff. Family members are also eligible to access and use this program. No log in or password information is required.

The online program is accessible by smart phone, tablet or personal computer.



Within a very brief few minutes, the online program will produce a report based on the selected answers and it will be immediately available to save, print or email.

Beyond the report, the program will offer recommendations, suggest related articles and provide resources and information that will help in taking the next step.

Early detection, assessment, and connection with treatment can have a significant impact on the lives of those who experience mental health issues.

To learn more about this new service and have a first-hand experience with the program simply click here: <http://screening.mentalhealthscreening.org/FIUOEA>

Please call the Office of Employee Assistance at 305-248-2469 and let us help you with the recommendations obtained from the online mental health screening program.





“We Can
Help”

As much as we'd like to separate our work life from our personal problems, it is often difficult to do so. Without even realizing it, we may find that our mind wanders, we may miss work -- or when we are there, we're not really all there. That is why FIU created the Office of Employee Assistance.

You will be able to consult with an experienced clinician who will listen to your concerns, discuss and explore your options, and then work with you to determine a plan of action.

OEA provides many free and confidential services...

The OEA provides free and confidential professional assistance to help employees and their families resolve personal problems that affect their personal lives or job performance. The mission of the program is to enhance the quality of life of FIU faculty and staff; improve personal and organizational effectiveness; and create a healthier campus community by providing mental health assessments, brief interventions and/or referrals, group development facilitation, and educational and training programs. FIU faculty and staff and their immediate family members are eligible for services.

“Help is
Within
Reach”

Call (305)348-2469 or Click on www.oea.fiu.edu for assistance and resources.