

What to Do When Life Happens

FAMILY MEDICAL LEAVE ACT



The FMLA is a federal law requiring covered employers like ISU 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://www.hr.iastate.edu/tools-for-employees/time-and-absence>

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/>

EMPLOYEE ASSISTANCE PROGRAM

ISU 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://www.hr.iastate.edu/benefits/addlbenefits/employee-assistance-program>



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.storycountyia.gov/94/Community-Services>



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>



