Mental Health Resources for MercyOne Colleagues

The following services will be available for all MercyOne colleagues, through a collaboration by MercyOne Des Moines Behavioral Health Care, MercyOne Des Moines Psychiatry Hospitalists, MercyOne Des Moines Psychiatry Residency Program, MercyOne South Des Moines Behavioral Health Care Clinic and MercyOne Des Moines House of Mercy.

Mental Health Counseling Services
If you are in need of someone to talk to due to financial stress, work stress, family stress, work/life balance, COVID-19 stressors, increased work demands, fear, anxiety, depression or any other mental health-related concerns, visit with a licensed mental health professional.
Request an appointment via email at MercyEmployeeMentalHealthServices@mercydesmoines.org.

- Telehealth (Zoom) and in-person options available
- Flexible visit times
- All visits are 100 percent confidential and conducted by a MercyOne health care professional who is facing many of the same stressors with the health care system and COVID-19 crisis
- Telehealth visits are a zero co-pay service
- Billable to your insurance – if without insurance, please reach out; we have options available

Psychiatric Medication Consultations/Evaluations
If your mental health is being significantly impacted, and you feel you can benefit from the addition of (or change to) your current mental health medications, our MercyOne Behavioral Health residents are ready to help. For the best possible care, if you are currently under the care of a psychiatrist, it is recommended you continue to follow up with that professional.
Request an appointment via email at MercyEmployeeMentalHealthServices@mercydesmoines.org.

- Consultation/evaluation completed by MercyOne psychiatric resident
- Supervised by a Board-certified psychiatrist/attending
- Physician to Physician Psychiatric service available
- Telehealth only (Zoom)
- Telehealth visits are a zero co-pay service
- Billable to your insurance – if without insurance, please reach out; we have options available

MercyOne COVID-19 Support Groups
Support groups for nurses, providers and other staff. To register for a group or request more information, please email MercyEmployeeMentalHealthServices@mercydesmoines.org.

- Offered by mental health professionals
- Telehealth support groups
- Free service

Tuesdays: Physicians and providers 5:00-6:00 p.m.  Start date: 4/28  
Wednesdays: Nursing and other clinical staff  2:00-3:00 p.m.  Start date: 4/29  
Thursdays: Non-clinical staff 5:00-6:00 p.m.  Start date: 4/30

Employee Assistance Program Services
24-7 access to Employee Assistance Programs is available to provide confidential resource providing no-cost counseling, information and referral services to help address personal, family or work-related concerns.

- CommonSpirit colleagues can access Vital Work Life through the Inside CHI website or 877-679-3819
- Trinity Health colleagues, please contact Carebridge through the MyBenefits website or 800-437-0911.