Mental Health Resources

Employee Assistance Program (EAP)
o Free and confidential mental health support services for you and your family members.
o Call: 713-500-3327 or visit: go.uth.edu/eap
o Frequently Asked Questions page

Department of Psychiatry and Behavioral Sciences
o Schedule a confidential consultation around mental health concerns
o Call: 713-486-COVD (2683)

MDLive
o Virtual visits with a psychiatrist, therapist, or physical health provider
  offered through BCBS with $0 copay

Texas Health and Human Services
o 24/7 mental health support line: (833) 986-1919

COPING THROUGH COVID-19

Overall Wellbeing Resources

EAP COVID-19 Worklife Resources and Services
o Call: 713-500-3327 or visit: www.mylifevalues.com (username and password both: uth)

Virtual Meditation
o Join EAP's virtual meditation sessions every week or view previous recordings

Your Money Line | yourmoneyline.com/uthealth
o A concierge financial wellness program offering a live financial call-in helpline and an interactive
   online financial dashboard

Care.com
o Locate emergency and backup childcare and eldercare in your community and nationwide

Coronavirus Anxiety Workbook
o A tool to help build resilience during difficult times

Caregivers Support Group | go.uth.edu/caregiver
o A group to assist employees facing unique demands and challenges of caregiving

COVID-19 Resources from Human Resources

Accommodations
o Employees seeking accommodations contact call@uth.tmc.edu or 713-500-CALL (2255)

Leave Policies & Questions
o For information on leave policies, activating LinkedinLearning, tips for managing remote employees or
   for returning workgroups to campus, and other resources related to COVID-19, please see the COVID-19
   sections of the Employee Resources and Manager Resources pages on the Human Resources website.

UTHealth
The University of Texas
Health Science Center at Houston

713-500-3327

go.uth.edu/eap