

Mental Health Resources

Faculty Assistance Program (FAP)

- o Free and confidential mental health support services for you and your family members.
- o Call: 713-500-3358 or visit: go.uth.edu/fap
- o Frequently Asked Questions page

Department of Psychiatry and Behavioral Sciences

- o Call: 713-486-COVID (2683)

MDLive

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

Physician Support Line

- o Free and confidential peer telehealth support by volunteer psychiatrists
- o Call: 1 (888) 409-0141 or visit: www.physiciansupportline.com

Texas Health and Human Services

- o 24/7 mental health support line: (833) 986-1919



COPING THROUGH COVID-19

Overall Wellbeing Resources



FAP COVID-19 Worklife Resources and Services

- o A plethora of resources and services for legal, financial, physical and mental wellbeing
- o Call: 713-500-3327 or visit: www.mylifevalues.com (username and password both: uth)

Virtual Meditation

- o UTHealth FAP offers multiple virtual meditation sessions every week and maintains previously-recorded sessions

Your Money Line

- 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

Career Resources through the Office of Faculty Affairs and Development

- o Adapting to professional impacts of COVID-19 in 2020 and beyond
- o Managing work expectations and goals
- o Managing the tenure clock

