

Employee Assistance and Well-being Programs

The following resources are available to all UTHealth faculty, staff, residents and fellows

August Wellness Newsletter 2021

Breastfeeding Support for Moms at UTHealth



Well before the Affordable Care Act in 2010 and the Fairness for Breastfeeding Mothers Act of 2019, the State of Texas led a charge for Texas working moms. The Texas legislature recognized "a mother's responsibility to both her job and her child when she returns to work and acknowledged that a woman's choice to breastfeed benefits the family, the employer, and society." At that time, DSHS created the Texas Mother-Friendly Worksite Program, providing minimum criteria for Mother-Friendly Worksite designation and maintaining a listing of Texas Mother-Friendly Worksites. Within two years of its establishment, UTHealth was on board and part of the first wave of organizations to become
Mother Friendly Workplaces.

UTHealth has designated secure rooms throughout campus to express and store breastmilk, supported by robust policies that provide a reasonable break time for a year following the birth of the child.

The University also has free counseling services for employees, which can be used by new moms, to help with the emotional journey of returning to work.

If you need help working through your feelings, emotions, challenges and victories related to being a nursing mother, OR if you need assistance locating one of the many nursing mother rooms on campus, please contact the Office of Employee Assistance and Well-being Programs.

Call us directly at (713) 500-3327 or visit us at go.uth.edu/wellbeing.
Confidential and No Cost.

Three tips to help ease anxiety if you are returning to work



If you are scheduled to return to work, whether it is a few days a week or every day, it can help to put together a support system in advance. These three tips may help you get started.

- A. Find people with the same home/work/kid's school routine that you can carpool with to share pick-up and drop-off responsibilities.

- B. Create a list of professional backups for childcare in the event your childcare provider closes temporarily due to illnesses or other reasons.
- C. Work with your manager to build-in flexibility when Plans A & B are exhausted.

Explore UTHHealth resources for child care at this [link](#) or call (713) 500-3327.

Source: Harvard Business Review and adapted from
“4 Tips to Manage Childcare When You Go Back to the Office,” by Avni Patel Thompson

Virtual Meditation Sessions



Mondays

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesdays

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Your Money line

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