



Brought to you by the
Office of Employee Assistance Programs

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

May Wellness Newsletter 2021

When Your Child Needs Help, EAP is Available!



- ♥ I am worried about my teen. She seems to have lost her friends and is so depressed now.
- ♥ My daughter keeps getting in trouble in school and is about to get suspended.
- ♥ Our son seems isolated and withdrawn. How can we help him?
- ♥ I think my child is a bully. How can we help him?
- ♥ Our daughter puts a tremendous amount of pressure on herself for perfect grades and I'm worried that it is unhealthy.

With the increasing number of parents seeking mental health services for their children, UTHealth's Employee Assistance Program (EAP) wants to let you know that your child can receive five free counseling visits for **each** issue they need help with. Call us and let us help you find a provider in our network that is suitable for you and your child's needs. Services are confidential.

Call us directly at (713) 500-3327 or visit us at go.uth.edu/wellbeing.

UTHealth is in 3rd Place!
Log your activity before May 9th!



If you registered for the Challenge, make sure all your activity is logged from April 12 to May 9!
[Sign-into your profile here.](#)

Travis the Traveling Trophy wants to come home to UTHHealth!

May Virtual Meditation Sessions



Monday, May 3

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesday, May 5

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, May 6

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Monday, May 10

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesday, May 12

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, May 13

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Monday, May 17

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesday, May 19

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Thursday, May 20

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Access code: 803 065 284

Monday, May 24

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesday, May 26

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, May 27

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Monday, May 31

12:00pm - 12:30pm

[Join Zoom Session](#)

Your Money Line Wants to Help You Eliminate Student Loan Debt



The advertisement features a green and white color scheme. On the left, there is a graphic of a graduation cap with a green checkmark inside a circle. To the right of this graphic is a large, stylized stamp that reads "PAID. IN. FULL." in green and yellow. Below the stamp, the text reads "We're going *all in* to help you *finally* eliminate your **STUDENT LOANS.**" In the top right corner, there is a circular logo for "Your Money line". At the bottom, there is contact information: "SCHEDULE AN APPOINTMENT: YOURMONEYLINE.COM/SCHEDULING", "PHONE: 833.890.4077", and "EMAIL: ANSWERS@YOURMONEYLINE.COM".

Your Money Line provides a place to privately ask questions and discuss personal finances.
Unlimited FREE access to every employee and their immediate family.
Completely confidential. No sales.

Farm to Work Program Re-launches



The McGovern Medical School's Farm to Work program will officially relaunch on May 14th, 2021. Customers will have the option of picking up their shares from MSB 7.024 from 12:30 – 1:30 pm from the local Houston farm [Plant it Forward](#) or they may have their orders delivered to their homes from farms located around Austin, Texas from our other partner [Farmhouse Delivery](#).

MSB & Home Delivery Options Available!

Please contact Saultczy Bleu at Saultczy.K.Bleu@uth.tmc.edu for more information.

Diabetes Prevention Program Webinar – Information Session



Spaces are open for a yearlong virtual support group for University of Texas employees who are at risk for developing type 2 diabetes. The support group is part of the Center for Disease Control's National Diabetes Prevention Program (NDPP). The goal of the NDPP is to help participants lose 5% to 7% of their initial weight and incorporate 150 minutes of physical activity each week. The information session will cover details about the program and identify if you are eligible. It is free for all employees to attend.



Information Session: Thursday May 6, 2021 | 12 NOON – 12:30 PM

[Please register for this webinar by clicking here.](#)

Please contact Darrine.Abouchelleih@uth.tmc.edu or 713-500-3478 if you have any questions.

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