

# Employee Assistance and Well-being Programs

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

## March Wellness Newsletter 2022

### Mental Health - How to Ask for Help

**WELL**  
—————  
**CONNECTED**



- Should I or shouldn't I?
- Do I or don't I?
- I'm feeling better so maybe I don't need to.
- This will pass.

Sometimes it is the stigma associated with mental health, sometimes it is the feeling that we can handle life on our own and sometimes it is scary or intimidating. Seeking mental health services and discovering whether you need coaching or therapy is intended to be a freeing, confidence-gaining experience.

Episode 3 of the Well Connected podcast offers valuable insight on how to seek out mental health services as EAP Executive Director, Monica Guidry speaks with Dr. Elaheh Ashtari. Dr. Ashtari, a clinical and forensic psychologist about this important topic.

[Listen to Episode 3 – Mental Health: How to Ask for Help](#)

**FOR URGENT OR IMMEDIATE ASSISTANCE, CALL 713-500-3327**

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## Virtual Meditation Sessions



Join us for a 15 minute break at these times:

### **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

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