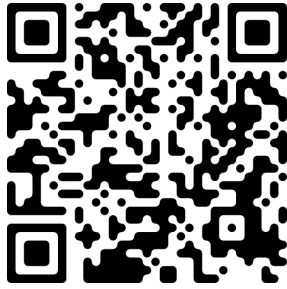


Employee Well-being Newsletter

October 2022

Employee Assistance and Well-being Programs

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



Visit our webpage

Free mental health counseling at UTH Employee Assistance Program (EAP)

If you or your eligible dependent(s) need mental health services, we have a network of credentialed mental health providers available to you. Virtual or in-person providers. You receive five **free** visits per issue. Completely private and confidential. Call 713-500-3327 for details, questions and a list of providers that meet your criteria.



Anna Alvarado, Ann Friedman, Julie Van Orden,

Podcast webpage

Live a joy-filled life Well Connected podcast

Dr. Ann Friedman, Director of Curriculum for the Mind Body Spirit Institute of The Jung Center of Houston joins us for a discussion on how to live a joy-filled life. Hear the distinction between joy and happiness and learn the value of bringing your joy to work with you!

Now available on [Apple](#), [Google](#) and [Spotify](#)



Sign-up to attend

Let's listen together & chat - Oct 4 @ noon

October podcast - Live a joy-filled life

Join us for our a virtual listening event, including live virtual chat and conversation following the podcast.

Listen together is our newest way to connect and chat about important wellness topics.



Domestic Violence Awareness month

According to the National Institute of Justice, Historically called domestic violence, intimate partner violence (IPV) as it is also referred, describes physical, sexual, or psychological harm by

National DV Hotline 800-799-7233
Text: START to 88788

Resources

- [UTH Employee Assistance Programs](#)
- [Domestic Violence Hotline](#)
- [Houston Area Women's Center](#)
- [Aid to Victims of Domestic Abuse](#)
- [National Coalition Against Domestic Violence](#)
- [National Health Resource Ctr on Domestic Violence](#)

a current or former intimate partner or spouse. This type of violence can occur among heterosexual or same-sex couples. Men as well as women can be victims. Violence by an intimate partner has both immediate and long-term effects.

Research shows IPV occurs in *all* social, economic, religious and cultural groups. According to the Family Violence Prevention Fund, one in every three women in the world has experienced sexual, physical, emotional or other abuse in her lifetime. In the United States, one in three women *and also* one in four men have been victims of physical violence by an intimate partner.

If you know someone in an abusive relationship, as their friend or family members you can show support by helping them identify resources, such as counseling, women's shelters, support groups etc. Validate their concerns and encouraging them to get help. For additional help or information, please call UTH Office of Employee Assistance Programs (EAP) for help at 713-500.-3327.



Mon Link

Wed Link

Thurs Link

On demand

Join in - 15 minute virtual meditation
Focus for this month: Inner strength

Mondays

12:00pm - 12:30pm

In person @ 12 noon JLL 454

Wednesdays

12:00pm - 12:15pm

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

Join by phone: 1-844-621-3956

Access code: 803 065 284

Can't make it to one of these sessions?
We have On Demand sessions available!

Meditation leader

Alejandro Chaoul, PhD

Huffington Foundation Endowed Director

The Jung Center's Mind Body Spirit Institute

Adjunct Faculty, UT Medical School and MD Anderson Cancer Center

**YOUR
MONEY
LINE**

Student loan forgiveness

White House announces plan to cancel up to \$10K in student loans.

What do we know?

- Forgiveness is capped and will be awarded to borrowers making less than \$125k/year (\$250k for Married Filing Jointly)
- The administrative forbearance is extended to December 31, 2022
- Pell Grant recipients will receive \$20,000 in

Visit the UTH YML webpage for details, to sign-up or chat



View intro video

- forgiveness
- \$10,000 in forgiveness will be awarded for all other borrowers
 - Forgiveness will be automatic for borrowers with income information on file with the DoE (an estimated 8 million borrowers)
 - If your income information isn't on file there will be a form in the coming weeks you'll need to fill out to ensure you're awarded forgiveness. This form is scheduled to be available early October 2022.
 - It will take 4-6 weeks to process your loan forgiveness application
 - Forgiveness is only applicable to loans owned by The Department of Education and private loans are never eligible
 - If you owe less than your entitled forgiveness amount you will receive forgiveness up to your outstanding balance. No refunds will be disbursed.
 - Forgiveness is not taxable at the Federal level but may be at the State
 - Loan balances will be re-amortized after the loan forgiveness is applied. This means you may enjoy a lower loan payment beginning in 2023.

For all details, log-in to or create your **free, confident** *Your Money Line* (YML) account, courtesy of UTH Health Houston. Visit our **webpage** for details.

Employee Assistance and Well-being Programs
713-500-3394 or email wellness@uth.tmc.edu

University of Texas Health Science Center at Houston | 7000 Fannin Street, Suite 1670,
Houston, TX 77030

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