

Employee Well-being Newsletter

September 2022

Employee Assistance and Well-being Programs

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



Clockwise:

Julie Van Orden, Sr. Program Manager, Wellness
Anna Alvarado, Sr. Program Coordinator, Wellness
Jackson Calderon, Video Production Assistant

EAP Website

September podcast Understanding Gen Z

We have such a generationally diverse population at UTH Houston from Gen Z to Baby Boomers and we all operate differently...whether it's learning styles, management styles, communication styles, etc. In some ways, we haven't fully enveloped our ways of engaging Millennials and now we have Gen Zs entering the educational system AND entering the workforce and bringing an entirely new set of values and expectations. This is what our August podcast is about... hearing from a Gen Z representative AND hearing a little compare and contrast from co-host Anna Alvarado from the Millennial perspective.

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



Webex link

Let's listen together & chat - Sept 13 @ noon

September podcast - Understanding Gen Z

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.



Dial 988 for Mental
Health Emergency

MORE RESOURCES

- Call 911
- National Suicide Prevention

National Suicide Prevention Month

Warning signs: (Jennifer Bahrman, PhD 9/2021 Inside UTHealth)

- Reckless behavior
- Withdrawal
- Putting affairs in order
- Increased alcohol or drug use
- Giving away possessions
- Self-harm
- No sense of purpose
- Sudden mood changes
- Anxiety or agitation
- Changes in sleep
- Talking about death or suicide
- Feeling hopeless or desperate

Lifeline: 1-800-8255

- National Crisis Text Line: Text "Home" to 741741
- Employee Assistance Programs: 713-500-3327
- Faculty Assistance Programs/Resident Assistance Programs: 713-500-3880.
- Student Counseling I-M-UT Crisis Hotline: 713-500-4688
- Faillace Department of Psychiatry and Behavioral Sciences fast-track line: 713-486-COVD (2683)

How to help yourself

- Don't keep those feelings to yourself. Reach out.
- Seek help.
- Build a support network.
- Turn to professional resources.
- Make a safety plan.
- Avoid alcohol and other substances as an escape or coping mechanism.
- Limit your access to potentially lethal means.
- Take hope.

How to help others

1. Ask
2. Keep them safe
3. Be there
4. Help them feel connected. You can start with the National Suicide Prevention Lifeline (1-800-273-8255).
5. Follow up.



Chance to win!
Attend meditation in the month of September and be entered for three chances to win a yoga mat.



Mon Link

Wed Link

Thurs Link

On demand

Join in - 15 Minute Virtual Meditation

Focus for Sept: *Hope*

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

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

Houston, TX 77030

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