Mental Health Resources

**Employee Assistance Program (EAP)**
- Free and confidential mental health support services for you and your family members.
- Call: 713-500-3327 or visit: go.uth.edu/eap
- Frequently Asked Questions page

**Department of Psychiatry and Behavioral Sciences**
- Schedule a confidential consultation around mental health concerns
- Call: 713-486-COVD (2683)

**MDLive**
- Virtual visits with a psychiatrist, therapist, or physical health provider offered through BCBS with $0 copay

**Texas Health and Human Services**
- 24/7 mental health support line: (833) 986-1919

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**Overall Wellbeing Resources**

**EAP COVID-19 Worklife Resources and Services**
- Call: 713-500-3327 or visit: www.mylifevalues.com (username and password both: uth)

**Virtual Meditation**
- Join EAP’s virtual meditation sessions every week or view previous recordings

**Your Money Line | yourmoneyline.com/uthealth**
- A concierge financial wellness program offering a live financial call-in helpline and an interactive online financial dashboard

**Care.com**
- Locate emergency and backup childcare and eldercare in your community and nationwide

**Coronavirus Anxiety Workbook**
- A tool to help build resilience during difficult times

**Caregivers Support Group | go.uth.edu/caregiver**
- A group to assist employees facing unique demands and challenges of caregiving

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**COVID-19 Resources from Human Resources**

**Accommodations**
- Employees seeking accommodations contact call@uth.tmc.edu or 713-500-CALL (2255)

**Leave Policies & Questions**
- For information on leave policies, activating LinkedInLearning, tips for managing remote employees or for returning workgroups to campus, and other resources related to COVID-19, please see the COVID-19 sections of the Employee Resources and Manager Resources pages on the Human Resources website.