

## EMPLOYEE ASSISTANCE PROGRAM

uteap.org

The University of Houston and UTEAP are excited to share wellness benefits with employees of the UH System. For more information, please visit our website at [www.uteap.org](http://www.uteap.org) or call us at 713-500-3327.



### COUNSELING

You and your family members can access convenient and confidential services at no cost to you. The EAP offers a variety of services including counseling and consultation services with a licensed mental health professional.



### SELF-PACED TRAININGS

UTEAP Orientation  
Customer Service Fundamentals  
Dealing with Conflict  
Effective Communication  
Effective Time Management  
Employee Drug Free Workplace Education  
Valuing Diversity  
Workplace Harassment Prevention

## WORKLIFE SERVICES

MyLifeValues.com user: uhs | pass: uhs

Consultation and referrals for a wide range of WorkLife referrals are available through the EAP. We can help you find real solutions for legal and financial assistance, child care, elder care, and other convenience and wellness issues. Simply go to [MyLifeValues.com](http://MyLifeValues.com) (username: uhs Password:uhs) or you call us at 713.500.3327



### WEBINARS

Free webinars are available on a number of topics. Communication, stress management, emotional intelligence, anger management, powerful parenting, non-verbal communication, relationships are but a fraction of the list of webinars.



### DISCOUNTS CENTER

Vacation packages, theme and water parks, hotel options car rental, restaurants, and more



### DISASTER RESOURCE CENTER

Emergency preparedness . Coping with disasters . Disaster Resources

# BE WELL

wherever you are

[www.mylifevalues.com](http://www.mylifevalues.com)



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