

POWER UP

An Employee Wellness Initiative

Free Resources to Support Staff Mental and Physical Health

March 2021

Employee Assistance Program (EAP) Mental Health Services

3 Counseling Sessions per Employee per Issue per Year

- Employees and their dependents
- Counseling and 24/7 crisis consultations
- Telehealth visits available
- Totally confidential
- Help from a state-wide network of licensed mental health clinicians
- No cost to Staff

Visit:

WWW.UH.EDU/HUMAN-RESOURCES/BENEFITS/EAP/

WWW.UTEAP.ORG Call: 800-346-3549 713-500-3327

Both the EAP and BCBSTX HealthSelect Provide the Following

- You or a covered dependent assistance with a mental health or substance use issue **24 hours a day**, seven days week.
- **Confidential** services
- Counseling for many mental health concerns including:
 - Alcohol and Drug Use Issues
 - Anger Management
 - Anxiety
 - Bipolar Disorder
 - Depression
 - Domestic Violence
 - Grief
 - Post-traumatic Stress Disorder (PTSD)
 - Schizophrenia and Schizoaffective Disorder

Additional Free Services to Support Your Mental Health

- [COVID-19 Information - Texas Department of State Health Services](#)
Or call 2-1-1, option 6
- [Mental Health Support Line - Texas Department of State Health Services](#)
The Harris Center – 713-970-7000
- [re:MIND Support Groups for Anxiety, Depression, Bipolar Disorder Including Family Groups](#)

BCBSTX Health Select Mental Health Services

- Due to COVID-19 impact, telehealth/telemedicine services with an in-network mental health provider are **temporarily being covered at no cost** for all HealthSelect plan participants **through May 31, 2021**. Beginning June 1, you will again have to pay any copays or deductibles that your health plan requires for non-COVID related health issues.
- Mental health benefits include coverage for inpatient treatment, outpatient treatment, and office/telehealth visits. Some services, such as inpatient treatment or intensive outpatient hospital treatment, need a referral/prior authorization before the plan will cover them.

Visit: WWW.HEALTHSELECT.BCBSTX.COM

POWER UP Healthier U! Virtual Workshops & Webinars

- Events occur on a variety of days and times via Teams, Zoom, Webex, etc.
- All wellness opportunities for faculty and staff are free
- Workshops and webinars cover a variety of topics including:
 - Yoga
 - Cardio Dance
 - Retirement Planning
 - Nutrition
 - Meditation
 - Real Appeal
 - TexaSaver
 - Suicide Prevention
 - Heart Health
 - Pop Pilates
 - Naturally Slim
 - Intermittent Fasting

Visit: www.uh.edu/human-resources/PowerUP-Wellness/

Counseling and Psychological Services & Suicide Prevention

- [“Let’s Talk” virtual mental health consultations with a UH Counseling and Psychological Services \(CAPS\) clinician](#)
You can call CAPS if you need immediate assistance at 713-743-5454.
- [National Alliance on Mental Illness \(NAMI\)](#)
800-273-TALK
- [Crisis Hotline](#)
832.416.1177