

# POWER UP

An Employee Wellness Initiative

# Human Resources

## Free Resources to Support your Mental and Physical Health:

- Employee Assistance Program (EAP)
- BCBSTX HealthSelect Mental Health Resources
- POWER UP *Healthier U!* Virtual Workshops & Webinars



# Human Resources

## 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 you***



Visit: [WWW.UTEAP.ORG](http://WWW.UTEAP.ORG) Call: 800-346-3549 713-500-3327

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## 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.

[WWW.HEALTHSELECT.BCBSTX.COM/](http://WWW.HEALTHSELECT.BCBSTX.COM/)



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## Both the EAP and BCBSTX HealthSelect provide:

- ❖ 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
  - Suicidal Thinking
  - Stress

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## POWER UP Healthier U! Virtual Workshops & Webinars Calendar

- ❖ 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
  - Texa\$aver
  - Suicide Prevention
  - Heart Health
  - Pop Pilates
  - Naturally Slim
  - Intermittent Fasting



[WWW.UH.EDU/POWERUP](http://WWW.UH.EDU/POWERUP)

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## **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](#)

## **Suicide Prevention:**

[National Alliance on Mental Illness \(NAMI\) – 800-273-](#)

TALK

[Crisis Hotline](#)











