**POWER UP**
An Employee Wellness Initiative

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**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/](http://WWW.UH.EDU/HUMAN-RESOURCES/BENEFITS/EAP/)

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

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**Both the EAP and BCBTX 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

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**Additional Free Services to Support Your Mental Health**

- [COVID-19 Information - Texas Department of State Health Services](http://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](http://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](http://re:MIND Support Groups for Anxiety, Depression, Bipolar Disorder Including Family Groups)

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**Free Resources to Support Staff Mental and Physical Health**

**March 2021**

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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.

Visit: [WWW.HEALTHSELECT.BCBTX.COM](http://WWW.HEALTHSELECT.BCBTX.COM)

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**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
  - Texasavaer
  - Suicide Prevention
  - Heart Health
  - Pop Pilates
  - Naturally Slim
  - Intermittent Fasting

Visit: [www.uh.edu/human-resources/PowerUP-Wellness/](http://www.uh.edu/human-resources/PowerUP-Wellness/)

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**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)](http://National Alliance on Mental Illness (NAMI))
  800-273-TALK

- [Crisis Hotline](http://Crisis Hotline)
  832.416.1177