

# Counseling for UMC Employees

**Free** and **confidential** counseling is available at the Counseling Center @TTUHSC.

This counseling is provided by UMC through its Employee Assistance Program.

Here are important things for you to know:

- Counseling is **for you and anyone in your household** (spouse, partner, or minor child); individual, couple or family counseling is available.
- Daytime (M-F) and evening (M-Th) appointments are available via Telehealth (Zoom) or in-person.
- You have 12 counseling sessions available to you. Referrals are given for long-term counseling.
- Counselors are licensed and have the knowledge and experience to assist you.
- Phone numbers below serve as a 24-hour crisis line.
- Additional resources on our Counseling Center website.

**Counseling is available for COVID related concerns and other problems in living:**

Depression

Excessive stress or anxiety

Healing from trauma

Workplace issues

Grief and loss

Better couple communication

Managing family conflict

Alcohol and /or drug abuse



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

Counseling Center

3601 4th Street – STOP 8119, Lubbock, TX

1A300 (first floor, east wing)

806.743.1327 1-800-327-0328

[counselingcenter@ttuhsc.edu](mailto:counselingcenter@ttuhsc.edu)

[www.ttuhsc.edu/counseling](http://www.ttuhsc.edu/counseling)

*When we are no longer able to change a situation, we are challenged to change ourselves.*

–Viktor E. Frankl