

***Counseling is available for  
a variety of issues:***

- *Better Couple Communication*
- *Excessive Stress or Anxiety*
- *Managing Family Conflict*
- *Alcohol or Drug Abuse*
- *Healing from Trauma*
- *Workplace Issues*
- *Grief and Loss*
- *Depression*



**TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™**

## **Employee Assistance Program Counseling for Employees**

3601 4th Street, Lubbock, TX  
806-743-1327 | 1-800-327-0328  
ttuhsc.edu/eap  
counselingcenter@ttuhsc.edu



### **The Counseling Center at TTUHSC**

The Counseling Center at TTUHSC is a counseling benefit provided by your employer. Counseling is free and confidential for you and others in your household (spouse, partner, or minor child). Individual, couple, and family counseling is offered. Daytime (M-F) and evening (M-Th) appointments are available via Telehealth (Zoom) or in-person. Our counselors are licensed and have the knowledge and experience to assist you. Contact the Counseling Center at TTUHSC (806-743-1327) with any questions, including the number of sessions your employer provides to you.