

Resources for Your Emotional & Mental Wellbeing

While the work you do is an inspiration to others, it can take its toll. You and your family have resources to lean on when you need support, a helping hand or just someone to listen.



Find a Time and Place

Employee Assistance Program

LifeMatters, our Employee Assistance Program (EAP), offers convenient, confidential support to help you and your family members with life's challenges. You get **10 free sessions per issue** with licensed professionals — in-person, over the phone or via video chat. The EAP can help with issues — big or small, mild or severe, such as:



- Sadness, depression or feeling down
- Stress and anxiety
- Balancing personal needs and work
- Family and personal relationships
- Workplace conflicts
- Financial and legal consultation
- Elder care
- Adoption assistance

Cost: FREE for all HM employees

Hours: Available 24/7

Phone: 800.634.6433

Text: Hello to 61295

Web: mylifematters.com

(access code HM1)

Mobile App: Download the LifeMatters app



Emotional Health and Well-being Clinic

Talk to someone who's part of the Houston Methodist family at the Emotional Health and Well-being Clinic in the Smith Tower at the Texas Medical Center. The clinic has in-person and virtual appointments for you and any of your covered dependents 18 and older (provided you are covered by our medical plan).

Cost: FREE if you are on the HM medical plan

Hours: Monday–Friday with extended hours

Phone: 346.238.2040

Privacy: No one at HM outside the Behavioral Health team will know

Medical Care

If you need ongoing or more specialized care, your Houston Methodist medical plan can help.

Cigna Network

For outpatient mental health visits, you can see a Cigna Network provider and pay \$0 if you are covered by a Houston Methodist medical plan. Cigna is the network provider for mental health care.

Cost: FREE to anyone on the HM medical plan

Phone: MyQHealth at 888.978.7977

Web: hmhealthplan.com



Outside the Cigna Network

If you are unable to find care through Cigna or the Houston Methodist clinic, you can see an out-of-network mental health provider. If so, you will have to pay upfront, but you will be allowed up to \$85 in reimbursement per visit (documentation required).

Anytime, Anywhere

Talkspace

This is a digital platform that can match you with a therapist or psychiatrist based on your needs and allow you to engage with them more frequently through private messages and live video.



1. **Visit:** talkspace.com/allegiance and register with your medical plan information.
2. **Enter your subscriber ID:** 91919 plus your seven-digit employee number.
3. **Use our group number:** 2001047.
4. **Complete a survey** and be connected with your therapist.

Cost: FREE to anyone on the HM medical plan

Hours: Website and app available 24/7

Web: talkspace.com/allegiance

Spiritual Counseling and Videos

Submit prayer requests to chaplains at your work location by completing this [form](#) or texting the word PRAYER to 45991 to receive a link to the form.

The Spiritual Care department at the location you choose will receive your prayer request. Use the same form for spiritual counseling from a Houston Methodist Chaplain.

Cost: Free

Phone: 713.441.2381

(After business hours: 713.441.2201)

Web: patient-resources/spiritual-care



All Houston Methodist employees also have access to a faith-based video library.

Visit rightnowmediaatwork.org, create a free account and view videos on career development, leadership, finance, marriage, parenting and mental health.

External Resources

The Houston Area Women's Center and Crisis Intervention of Houston, Inc., offer confidential hotlines free of charge.

Hours: 24/7

Phone:

- Women's Center Domestic Violence Hotline: 713.528.2121
- Women's Center Sexual Assault Hotline: 713.528.7273
- Crisis Intervention Hotline: 832.416.1177

Web: hawc.org or crisishotline.org

Headspace

Headspace is your personal guide to meditation and mindfulness, stress reduction and improvement in focus.



1. **Text:** HEAD to 45991 or use the QR code to go directly to Headspace.
2. **Create a new account:** Enter your HM email address to receive the one-time verification link.
3. **Verify your enrollment** via the email link and download the Headspace app.

Cost: FREE

Web: work.headspace.com/houstonmethodist/member-enroll



HealthyDirections

If you have noticed increased stress levels, anxiety or trouble sleeping, or you simply find happiness elusive, it may be time to address those concerns with self-guided resources. Learn techniques to deal with your stress and build resilience through wellness classes offered in the [HealthyDirections program](#).

It's All Good Here Program

Build a more "positive brain" that will help make you more resilient to life's difficulties, bring you closer to those you care about and be happier. You can find out more about it under "Benefits" on the [Virgin Pulse website](#) or app. You can also earn thousands of HealthyDirections points by completing challenges.



Virgin Pulse Journeys

Take online journeys for help with sleep strategies, stress reduction techniques and other assessments. Find out more by creating a [Virgin Pulse account](#) and earn HealthyDirections points for participating.

You can also access the Virgin Pulse website, without a password, if you log in to myHR.houstonmethodist.org.