



TEXAS TECH UNIVERSITY

HEALTH & WELLNESS RESOURCES

Dear Faculty & Staff,

With the winter break approaching, we wanted to take this opportunity to remind you of the various health and wellness resources that are available to faculty and staff.

We are recommending that all university employees pay close attention to the CDC guidance regarding [safe crowd gathering sizes](#) as you make your preparations for the holidays. Although our testing site at the museum is closed until January, there is COVID-19 testing available through the Texas Tech Physicians Family Medicine Clinic and there are [free testing locations](#) throughout the city of Lubbock.

The pandemic has placed undue burdens on many within our university community and it's critical that we pay special attention to our own mental health and also recognize the [warning signs](#) when one of our colleagues is in distress. Mental health resources are available to all employees both on and off campus.

The health and wellness of our campus community is our top priority and if you have additional questions, please feel free to contact Human Resources.

Health & Wellness Resources

Sincerely,

A handwritten signature in black ink that reads "Grace Hernandez".

Grace Hernandez

Associate Vice President for Administration/Chief of Staff

A handwritten signature in black ink that reads "Jodie Billingsley".

Jodie Billingsley

Assistant Vice President for Human Resources



FROM HERE, IT'S POSSIBLE