



Faculty & Staff Wellness Resources

At Texas Tech University, we know that the success of our faculty and staff relies on their ability to access resources to maintain wellness.

TEXAS TECH RESOURCES

Employee Assistance Program (EAP)

provides private and confidential services to employees who are experiencing personal problems. Their staff of trained professionals are committed to providing quality counseling and assistance for individuals, couples, families and work groups.

Human Resources

provides virtual and in-person training and development focused on developing employees.

Therapy Assistance Online (TAO)

is a platform of tools and information organized into self-help programs with engaging videos and exercises to help you learn a variety of cognitive-behavioral (CBT) and mindfulness-based skills. This resource is free for all TTU employees and can be used anytime, anywhere you have access to the web.

MindSpa

provides Texas Tech enrolled students, faculty and staff a sanctuary in which to pamper and nurture mind, body and spirit. Offering opportunities for relief and rejuvenation from the stress many of us suffer.

HealthSelect Medical Virtual Visits

enable employees participating in HealthSelect and eligible dependents to consult a doctor online for urgent health care needs.

HealthSelect Mental Health Virtual Visits

enable employees participating in HealthSelect to consult a licensed mental health professional any day of the week online.

Faculty and Staff Clinic

is designed to serve the needs of faculty and staff who are sick at work and need an urgent care appointment on campus.

Family Therapy Clinic

is located on campus, one of the few accredited Couple, Marriage and Family Therapy doctoral programs in the nation, and is a place of hope and healing for life's concerns.

Military & Veterans Programs (MVP)

assists veterans and their families in achieving academic, personal and professional success.

Psychology Clinic

is a training and research center located on campus that provides psychotherapy and assessment services to the university, Lubbock and neighboring communities.

STATE & NATIONAL RESOURCES

National Suicide Prevention Lifeline

is a 24/7 network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress.

Crisis Text Line

serves anyone in crisis with free 24/7 support. Text 741741 from anywhere in the U.S. for a live, trained crisis counselor to help you move from a hot moment to a cool moment.

Veterans Crisis Line

is a free, anonymous and confidential resource that's available to anyone, even if you're not registered with Veterans Affairs (VA) or enrolled in VA health care.

The Trevor Project

is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people.

Trans Lifeline

is a trans-led organization that connects trans people to the community, support and resources they need to survive and thrive.

COVID-19 Mental Health Support Line

is a support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic.

StarCare Crisis Line

is staffed by a dedicated team who provide 24/7 assessment, interventions and resolutions to people suffering a mental health crisis. A 23-hour observation unit allows people in crisis to stabilize in a less restrictive environment.

Voice of Hope

serves those affected by sexual assault through a crisis hotline, medical accompaniments, nurse examiner services, counseling, law enforcement accompaniment, case follow ups, judicial accompaniment and community education.

Women's Protective Services

combats domestic violence throughout the South Plains by offering a 24-hour crisis hotline, shelter, food, transportation, therapy, children's programs, job readiness programs and more.

View current list of resources online at ttu.edu/wellbeing/staff/#wellness-now

