

Emotional RESOURCES



UT Select Benefits Enrollees

Employee Assistance Program (EAP)

- ▶ Free, confidential support 24/7
- ▶ 8 sessions per person

☎ 833-515-0760

🌐 guidanceresources.com

Learn To Live

- ▶ Online cognitive behavioral therapy

🌐 learntolive.com/welcome/BCBSTX

(Use access code BETTERME.)

Headway Behavioral Health

- ▶ 4,000+ mental healthcare providers

🌐 care.headway.co/coverage/bcbstx

MDLIVE: Virtual Doctors

- ▶ Care available 24/7

🌐 mdlive.com/bcbstx



Access more resources
and learn about the Eight
Dimensions of Wellness at

UTA.EDU/WELLNESS

Crisis Support

National Suicide Prevention Lifeline

- ▶ Free, confidential support 24/7

☎ Call 988 | Text 988

🌐 988lifeline.org

Veteran Crisis Line

- ▶ Free, confidential support 24/7

☎ Call 988 and Press 1 | Text 838255

🌐 veteranscrisisline.net

UTA Police Department

- ▶ Serves the UTA campus 24/7

☎ Emergency: 817-272-3003

☎ Non-Emergency: 817-272-3381

🌐 uta.edu/campus-ops/police

**Call 911 if you are currently
experiencing an emergency.**

Self-Care Resources

UT System

- ▶ Resources, wellness apps, guides, and more

🌐 go.uta.edu/scres

National Alliance on Mental Illness

- ▶ Services and community programs

🌐 namitarrant.org