

**LIFE CAN BE TOUGH
BUT THERE ARE RESOURCES AVAILABLE TO YOU
YOU ARE NOT ALONE**



Putting our mental health first is essential to dealing with all that life throws at us. If you or your loved one is struggling with stress or having a hard time coping in tough times, we urge you to consider these resources and take action today.

Suicide & Crisis Lifeline

If you or someone you know is having thoughts of suicide, please connect to local or national resources. In 2022, the National Suicide Prevention Lifeline designated 988 as the new three-digit dialing code routing callers and texters across the United States to counselors trained to listen, understand, and provide support and additional resources to those in need. By doing your part, you could help save a life.



Financial Resources and Tools

Financial strain can take a toll on your mental and physical well-being. Studies have shown that significant health problems increase when people are worried about their financial situation. If you find yourself stressing about money, check out [Fidelity at Work](#), [Purchasing Power](#), and [Kashable](#). Harris Health also offers [Disaster Relief benefits](#) to help you deal with major medical expenses, burial/funeral expenses, and natural disasters.

Employee Assistance Program (EAP)

Harris Health's Employee Assistance Program (EAP) offers 24/7 professional counseling via phone, video, and chat at no cost to you. This program provides access to work-life specialists, legal and financial experts, and up to *three confidential, in-person EAP counseling sessions* for you and your eligible family members per incident. [Get connected to support now.](#) Use the company code "hhsEAP" to create your account today or call 800-638-3327.

Healthy@Harris Employee Wellness Program

The Healthy@Harris Employee Wellness Program provides a variety of programs and resources to help you meet your personal health and well-being goals. Resources are available to assist you with mental, emotional, physical, intellectual, financial, and spiritual well-being. [Check out all the Healthy@Harris Employee Wellness resources here.](#)

Cigna Behavioral Health

If you or a loved one has been diagnosed with a behavioral health condition, the [Cigna Total Behavioral Health](#) program provides dedicated support, lifestyle coaching, and educational tools. This program is available to all medical plan participants and offers access to [Ginger Behavioral Health](#), [Talkspace](#), [Happify](#), [iPrevail](#), [Cigna Behavioral/Mental Health Virtual Care](#) and [Cigna Life Assistance Program \(LAP\)](#).

Care@Work

Our work caring for others often goes beyond our patients, balancing the care of kids, parents, homes, and pets. Care@Work helps you find backup child care, pet care, senior caregivers, and housekeepers on short notice and at a discounted rate. [You can learn more about this Harris Health benefit here.](#)

FindHelp.Org

Thousands of community organizations across Harris County are available to support you or your loved ones through housing, food, medical, and transit assistance. The FindHelp.org tool connects you to these organizations through a simple search. [Click here to find resources near you.](#)

Employee Resource Groups

There's never been a better time to build a community within our Harris Health family. Employee Resource Groups offer supportive environments for representing employees with disabilities and veteran status as well as our staff representing different faiths, generations, gender and sexual orientation, and cultural heritage. [Click here to join an Employee Resource Group](#) and find a home within Harris Health today.