

We would like to remind you that [University of Houston-Clear Lake \(UHCL\)](#) provides a comprehensive **Employee Assistance Program to benefits-eligible faculty, staff and their eligible household dependents**. These services are provided by the University of Texas Employee Assistance Program (UTEAP).

Our lives are full of change, opportunities, and challenges. And it does not matter if these are big or small, personal, professional or family related. Life happens and each of us have our own way of coping and trying to prevent these situations from affecting our work or disrupting our home lives. Sometimes we could use a little help or guidance to get through each day.

All EAP services are [provided at no cost](#) and are [confidential](#). Services are designed to help employees and their families overcome life's challenges when they might arise. You can feel comfortable contacting UTEAP knowing that your discussions will not be shared with your employer.

Through the EAP, you can access a variety of services including:

- **Counseling sessions** (3 sessions per problem area per year) with a local licensed mental health professional
- **Consultation for legal and financial issues, child care and eldercare** resources.
- Access to an **extensive website** containing a vast amount of information, helpful flyers, and webinars on a variety of topics.

To access services:

- Call **713 500-3327**, or
- Explore the website at www.mylifevalues.com
 - Username: **uteap**
 - Password: **uteap**

For helpful information about Coronavirus (COVID-19), please visit the EAP site and review the following resources:

- Webinar: [Coronavirus Fears, ways to keep calm](#)*
 - [Reducing anxiety](#)
 - [Managing stress about Coronavirus](#)
 - [Helping your child cope](#)
- *To access this webinar, use username: uteap and password: uteap