

Employee Wellbeing Resources & Training

In-Person and Virtual Opportunities for Wellbeing & Mental Health

UTSA's Employee Success Center is offering an array of training opportunities to support your wellbeing while navigating stressful times.

Upcoming Training Opportunities

Leadership Huddle - Leading for Wellbeing

- November 8: 10 AM - 11 AM (Virtual)
- November 13: 2 PM - 3 PM (In-Person) North Paseo Building, 1.408
- November 15: 9 AM - 10 PM (Virtual)
- On-Demand (Pre-Recorded)

Bird Bytes (15 minutes) - Prioritize Your Wellbeing

- November 11: 8:30 AM and 1:00 PM (Virtual)

Leadership Huddle - Prioritize Your Wellbeing

- November 20: 9 AM and 1 PM

Additional Training Opportunities

Deer Oaks - Helping your Team Find Work-Life Balance During Stressful Times

- November 25: 11 AM (Virtual)

YMCA Health Chat - Coping with Stress & Depression

- December 10: 12 PM (More info coming soon!)
-

Employee Resources

- 988 Lifeline - 24/7 free and confidential support for people in distress, prevention and crisis resources.
 - Veteran Crisis Line provides 24/7 - confidential crisis support for veterans and their loved ones.
 - Deer Oaks offers counseling services to UT Select members. Call 1-888-993-7650. You can also reach their 24-hour counseling line for immediate support on the iConnectYou App.
 - MDLIVE is offered through the University Insurance and is a 24/7 service which connects employees virtually with a medical provider to include licenses counselors and therapists.
 - San Antonio Crisis Helpline - 24-Hour Crisis & Substance Use Helpline
 - 1-800-316-9241
 - 210-223-SAFE(7233)
 - National Alliance on Mental Illness (Greater San Antonio) NAMI
-

Student Resources

- Wellness 360 Counseling Services – Short-term individual counseling, group counseling and psychiatry
- Timely Care – Virtual, on-demand emotional support, appointment-based counseling, and advanced psychiatric care
- Crisis Help Line – Crisis assistance is available 24/7 at 210-458-4140

If you have questions or need additional resources, reach out to your HR Business Partner.

If you or someone you know is in crisis, please dial 988 for immediate support.