

Additional Wellness Resources:

Blue Cross Blue Shield of TX (PPO) provider search

<https://www.bcbstx.com/find-care/providers-in-your-network/find-a-doctor-or-hospital>

Crisis Text Line

<https://www.crisistextline.org>

Text HOME to 741741

24/7, free, confidential, text will receive response from trained volunteer crisis counselor

Employee Assistance Program

<https://behealthythr.org/be-healthy/eap/>

682-236-6861

1-877-MyTHRLink (1-877-698-4754) and select option 4, prompt 4 again

Free, confidential support, 24/7

You are qualified to receive up to 8 in-person, telephonic, or web-video EAP counseling sessions per issue per year, at no cost

988 Suicide and Crisis Lifeline

<https://988lifeline.org/>

Dial 988

Free, confidential support for distress, prevention and crisis, 24/7

Physician Support Line

<https://www.physiciansupportline.com>

1-888-409-0141

Free, confidential, anonymous support to physicians offered by psychiatrists, Monday to Friday (except federal holidays), 7am to 11pm CST

Texas Physician Health Program

<https://www.txphp.state.tx.us/>

The Emotional PPE Project / Dallas County Medical Society

<https://directory.emotionalppe.org/healthcare-workers-landing>

Directory of volunteer mental health practitioners that offer free counseling services to healthcare workers

Wellbeing Index

<https://app.mywellbeingindex.org/login>

<https://mywbi.org/THR%20GME%20Well-Being>