



DO YOU NEED SUPPORT OVER THE HOLIDAYS?

While the holidays are a time of joy, many of us experience an increase in stress throughout this season. The Workforce Wellbeing team is available to support you with our emotional, spiritual, and financial resources.

EMOTIONAL RESOURCES

The Employee Assistance Program provides free confidential services for your mental and spiritual well-being. Please call 832-824-3327 to reach our EAP counselors and workforce chaplains.

We have several ways to support your mental wellbeing:

- On-site EAP counselors
- Community counselors and 24/7 services with our EAP Plus partnership. Please call 833-327-7587 to access services.
- Mental health services through Cigna, our health provider. Please visit <https://my.cigna.com/>

New this year! The EAP has added Workforce Well-being Chaplains to assist employees with their spiritual well-being:

- On-site Chaplains devoted to employee support
- Rounding with teams for ongoing emotional assistance
- Providing individual and group spiritual counseling services

FINANCIAL RESOURCES

The Workforce Wellbeing team has the following resources available to help with the holiday stress for those who qualify:

- Employee Financial Assistance Fund: Texas Children's provides emergency financial assistance to eligible employees. If you have experienced unexpected economic hardship and are behind on household bills by more than one month, you may be eligible for a grant. To check eligibility, please refer to the [Employee Financial Assistance Fund policy](#). For more information, please [click here](#).
- Texas Family Resources: This platform allows you to enter your zip code and find local and community-based resources, including free or reduced-cost food, healthcare, employment assistance, affordable housing, transportation, daycare, financial assistance, education, and legal services: [Texas Children Family Resources site](#).
- Community Food Banks:
 - Houston Food Bank. Call 832.369.9390 for food assistance or visit www.houstonfoodbank.org/find-help/
 - Catholic Charities Food Distribution. Please visit catholiccharities.org/food for more information and process to make an appointment for food pick-up

