

# Counseling for Employees

The Counseling Center @TTUHSC is a counseling benefit provided by your employer.

Here are some important things for you to know:

- Counseling is ***for you and others in your household*** (spouse, partner, or minor child); individual, couple or family counseling is available.
- Daytime (M-F) and evening (M-Th) appointments are available via Telehealth (Zoom) or in-person.
- Counseling is ***free*** and ***confidential***. You have 8 counseling sessions available to you. Referrals are given for long-term counseling.
- Counselors are licensed and have the knowledge and experience to assist you.
- Phone numbers below serve as a 24-hour crisis line.
- Additional resources on our Counseling Center website.

## Counseling is available for a variety of issues:

Depression	Excessive stress or anxiety
Healing from trauma	Workplace issues
Grief and loss	Better couple communication
Managing family conflict	Alcohol and /or drug abuse



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

Counseling Center

3601 4th Street – STOP 8119, Lubbock, TX

1A300 (first floor, east wing)

806.743.1327 1.800.327.0328

[counselingcenter@ttuhsc.edu](mailto:counselingcenter@ttuhsc.edu)

[www.ttuhsc.edu/counseling](http://www.ttuhsc.edu/counseling)

*When we are no longer able to change a situation, we are challenged to change ourselves.*

–Viktor E. Frankl