

**CARING
CONFIDENTIAL
PROFESSIONAL**

Is PAS EASY TO USE?

Yes! To make an appointment with a PAS counselor in **Lubbock**, simply call the PAS number (743-1327) and identify yourself as a TTUHSC Medical Student or family member. A receptionist will schedule your appointment.

Daytime and evening appointments are available Monday through Friday (except holidays).

For more information about the services available for medical students, or if you have significant concerns regarding confidentiality, call the number above and ask to speak to the PAS Director. *(If needed, the PAS counselor will arrange for you to bypass the Psychiatry waiting room when you come for your appointment.)*

Students in Amarillo or El Paso should call one of the following numbers to receive counseling services:

Amarillo students should contact:
The Counseling Center
(806) 356-0404

El Paso students should contact:
1-800-327-0328 for a list of counselors **or** refer to the provider list included in your orientation packet compiled by the Office of Student Affairs.

WHERE ARE THE PAS OFFICES?

In **Lubbock**, PAS offices are located in the Department of Psychiatry at the Texas Tech University Health Sciences Center, 3601 4th Street, East Wing room 1A122. Daytime parking is available in any visitor's lot. Please call our office for directions or visit our website at www.eap.ttuhscc.edu for directions.

Students in **Amarillo** and **El Paso** will need to ask for directions to the office of the PAS counselor when scheduling an appointment.



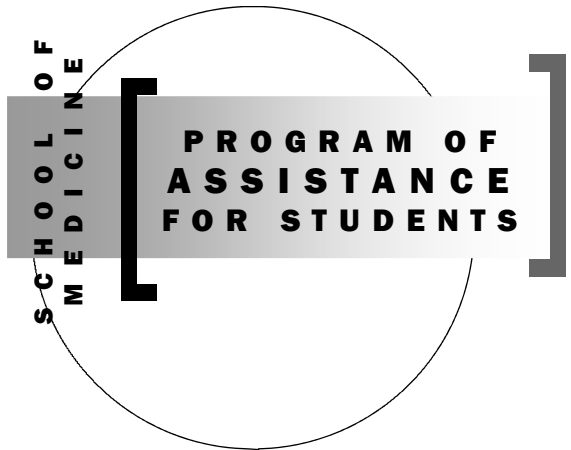
24-Hour Crisis Line

The PAS numbers also serve as a 24-hour crisis line that is available when PAS offices are closed. In the event of an emergency, the answering service will connect you with a counselor.

PROGRAM OF ASSISTANCE FOR STUDENTS

Texas Tech University Health Sciences Center
Department of Psychiatry
3601 4th Street Room 1A122
Lubbock, Texas 79430-8103
806-743-1327 / 1-800-327-0328

WWW.EAP.TTUHSC.EDU



Texas Tech University Health Sciences Center provides the Program of Assistance for Students (PAS) as a resource to promote health and wellness in your personal and academic life. If something is bothering you, whatever the issue, call PAS to see how we can be helpful. PAS counselors are trained in treating all types of problems, including:

- Family and Relationship Problems
- Depression
- Excessive Stress or Anxiety
- Alcohol and Drug Abuse
- Tobacco Use Problems
- Other Problems in Living

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WHAT IS PAS AND WHAT BENEFITS ARE INCLUDED?

PAS is a program that enhances wellness by providing you and your family the opportunity to manage life's problems before they become serious and impair your academic and professional performance.

PAS benefits include:

- *Individual, Couple, and Family Counseling or Consultation*
- *Financial Counseling*
- *Health & Wellness Information*
- *24-Hour Crisis Hotline*
- *Tobacco Use Intervention*

WHO CAN USE PAS AND HOW MUCH DOES IT COST?

TTUHSC provides up to five (5) free counseling sessions per household per contract year (September 1 – August 31). Any medical student or dependent living in the student's household can receive assistance through PAS at no cost. Counseling services consist of assessment, brief therapy, and follow-up. If it is determined that a person needs extended treatment, long-term therapy, or other psychiatric or psychological services, a referral will be made to the appropriate professional. Fees for those services will be your responsibility; any insurance benefits will be considered when making the referral.

STRENGTH IS THE *COURAGE* TO ASK FOR HELP

WHO PROVIDES PAS SERVICES?

PAS Counseling and Assistance is provided by licensed mental health professionals. All PAS counselors have the knowledge and experience to help you with your concerns.

Financial Counseling Services are provided by advanced graduate-level students (Masters and Doctoral) in the Personal Financial Planning program at Texas Tech. Financial counselors have received extensive training and are well prepared to address your financial concerns.

WHAT HAPPENS IN A PAS COUNSELING SESSION?

In Lubbock, you will be asked to arrive about 15 minutes early to fill out paperwork that will help the counselor understand your problem. (If desired, the paperwork can also be obtained ahead of time.) During the session the counselor will discuss your problem with you and create a plan to help you. PAS sessions are usually 50 minutes in length.

For services in Amarillo and El Paso, call for details.

IS USE OF PAS CONFIDENTIAL?

Absolutely! Your use of PAS is private and professional. You do not need to go through the School of Medicine to access PAS services. You may call PAS directly to ask a question or schedule an appointment with a PAS counselor.

Confidentiality is regulated by federal guidelines. ***Without your formal written permission, no information whatsoever is released to the School of Medicine concerning your use of PAS or the nature of your concerns.*** Therefore, if you seek assistance on your own, your use of PAS will **not** become a part of your academic record and it will **not** compromise your reputation or future opportunities.

Call Today
743-1327
1-800-327-0328