

Is PAS EASY TO USE?

Yes! To make an appointment in **Lubbock**, or for more information about the Program of Assistance for Students, simply call one of the PAS numbers on the front of this brochure and identify yourself as a TTUHSC student or family member.

In **Lubbock**, daytime and evening appointments are available throughout the week (*except weekends and holidays*).

Students in **other locations** (e.g., Amarillo, Abilene, Midland/Odessa, El Paso, and Dallas) should call one of the following numbers to make an appointment with a PAS counselor:

Amarillo students should contact:
Dayna Schertler, LCSW at (806) 354-5620

Austin students should contact:
Samaritan Center for Counseling at (512) 451-7337 (select 0#) or email info@samaritan-center.org. Mention that you are a TTUHSC student and would like to use your PAS counseling benefit.

Midland/Odessa students should contact:
Samaritan Counseling Center at (432) 563-4144

Students in **locations not listed above** should call the PAS office in Lubbock for information on how to access PAS services in their area. (When calling, please ask to speak to Dr. Korinek, the PAS Director.)

WHERE ARE THE PAS OFFICES?

In **Lubbock**, PAS offices are located in the Department of Psychiatry at the Texas Tech University Health Sciences Center, East Wing, room 1A122. Please call our office for more detailed directions or refer to the written directions under “Frequently Asked Questions” on our website.

Students in **other locations** will need to get directions from the office of the PAS counselor serving their area when they call to schedule an appointment (contact information is given elsewhere in this brochure).



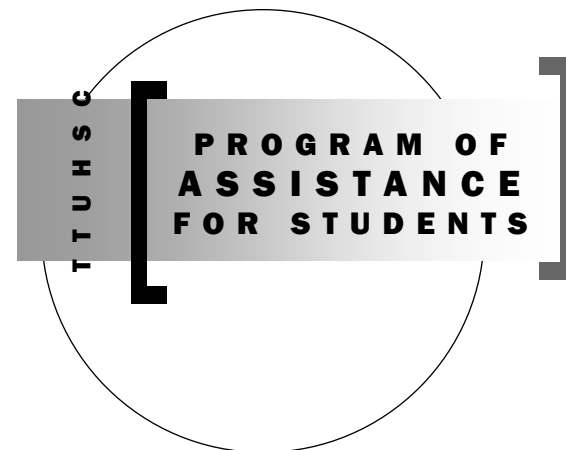
24-Hour Crisis Line

The PAS numbers on the front of this brochure 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
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 addressing all types of problems, including:

- Family and Relationship Problems
- Depression
- Excessive Stress or Anxiety
- Alcohol and Drug Abuse
- 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 (Lubbock only)*
- *Health & Wellness Information*
- *24-Hour Crisis Hotline*

WHO CAN USE PAS AND HOW MUCH DOES IT COST?

TTUHSC provides up to five (5) free counseling sessions per household per contract year (Sept 1 – Aug 31). Any TTUHSC student or dependent of the student can receive PAS assistance 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 and any insurance benefits will be considered when making the referral. (*Note: Although PAS counselors in Lubbock must refer for long-term therapy, PAS counselors in other locations can usually offer counseling beyond the 5 free sessions, but at the counselor's regular fee.*)

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

WHAT HAPPENS IN A PAS COUNSELING SESSION?

When receiving PAS counseling in Lubbock, you will be asked to arrive about 15 minutes early for the initial appointment in order to fill out intake paperwork that will help the counselor understand your concerns. 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 information regarding procedures in other locations, please contact the PAS provider in your area.

IS USE OF PAS CONFIDENTIAL?

Absolutely! Your use of PAS is private and professional. You do not need to go through your school or program to access PAS services. You may call the 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 your school or program 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
806-743-1327
1-800-327-0328