https://www.ttuhsc.edu/coronavirus/documents/20D0427HHSOOVID_BHSupportLineRyerENG.pdf

- a. A message from the TTUHSC Counseling Center website:
- b. Contact the TTUHSC Counseling Center at (806) 743-1327 or (800) 327-0328. They
 provided telehealth counseling services via a HIPAA-compliant Zoom platform.
 https://www.ttuhsc.edu/centers-institutes/counseling/
- c. COVID-19 Resources TTUHSC Counseling Center For resources to manage stress and anxiety associated with COVID-19, dick the link below.

https://www.ttuhsc.edu/centers-institutes/counseling/resouces.aspx

- i. Kids Resources
 - Big Life Journal
 https://biglifejournal.com/collections/all?gdid=Qj0KQQjwmdzzBRC7ARlsA
 NdqRRkCslkt8Hg2z_CngzVXj5aMoQPRW8M6cOkhtKaWtrZ86tFjn9lyqYcaA
 nbmEALw_wcB
 - Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga

The TTUHSC COVID-19 site provides access to COVID-19 resources including communications from Interim President Dr. Lori Rice-Spearman, previous Townhall meetings, and HR resources.

- a. If you are using the , you can access the Managed Care COVID-19 page through your homepage. The Coronavirus link is highlighted in yellow.
- b. If you are using the , you can access the page using the link below. https://www.ttuhsc.edu/coronavirus/default.aspx

This week we want to acknowledge ALL of our Managed Care employees. The last six weeks brought unprecedented situations for our lifetime. Our Managed Care team has risen to overcome adversity while ensuring staff and patient safety is a priority. You have shown attitudes towards our patients and your team members. You have honored your commitments to your unit showing while many of your actions have been a great example of . We are and we are grateful to serve our patients alongside you.

Remember, is a crucial piece in overall wellness and vital for you to remain present for yourself, your family and your patients. Remain cognizant of those around you and model social distancing. Thank you for all that you do for Managed Care, we truly have one of the best teams in Texas.

We are all in this together.

Cynthia Jumper, MD, VP Health Policy and Special Health Initiatives Denise DeShields, MD, Executive Medical Director Will Rodriguez, MSOLE, Executive Director