

Faculty Behavioral Health Services

Faculty Behavioral Health Services (FBHS) provides LSOM Faculty with access to quality behavioral health services quickly and confidentially. FBHS is staffed by a licensed psychologist that specializes in working with physicians and other health care professionals.

LSOM Faculty are eligible for individual and couples therapy services to address a wide variety of presenting concerns including, but not limited to:

- Stress/Burnout
- Depression/Anxiety
- Trauma
- Grief and Loss
- Emotion/Mood concerns
- Relational/Family distress
- Adjustment issues/Phase of life concerns
- Communication/conflict resolution skills

**FBHS is currently designated for faculty only. Referrals to community providers for family/spouses are available upon request.*

To Schedule: Email your name, DOB, and a contact # to: lsomfacultywellness@uthscsa.edu

Information is sent directly to a confidential inbox managed by the FBHS psychologist.

- A clinic staff member will follow-up with the LSOM faculty member via phone **within 1-2 business days**.
- FBHS does not provide same day crisis/emergency services.

Location: Behavioral Health and Wellness Center, 5788 Eckhert Road, San Antonio, TX 78240

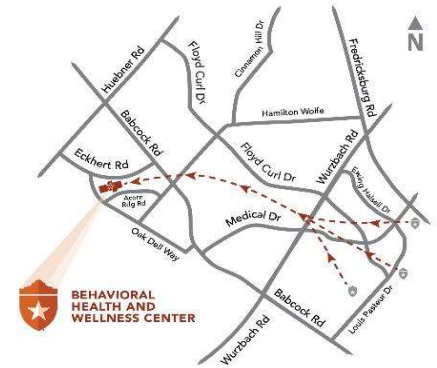
Both in-person and virtual visit options are available. Initial intake must be completed in person.

Cost: All service costs are billed to health insurance. LSOM Faculty are responsible for any applicable copays (approx. \$25).

Contraindications and Limitations:

Please note that in some cases, care from FBHS psychologists may not be suitable, and certain services are currently unavailable. These include:

- Faculty members who are already under the care of another licensed mental health clinician.
- Requests for formal psychological evaluation including, but not limited to: fitness for duty, ADHD, disability, and/or legal situations such as divorce, child custody, or court-ordered evaluations.
- Acute or crisis care for psychosis, chronic/severe suicidality, homicidality, and/or self-injurious behaviors that are life threatening.
- FBHS psychologists may be unable to provide care in situations that present a dual relationship or conflict of interest (e.g., involvement in litigation, institutional disputes, or mandated services due to disciplinary actions).



If you are in crisis or experiencing a mental health emergency, 24/7 access to care is available via:

- UT Employee Assistance Program (EAP):

800-346-3549

- Suicide and Crisis Lifeline: 988
(call or text)

- Crisis Text Line: **Text HOME** to 741741

- Visit the nearest emergency facility