



TEXAS TECH UNIVERSITY
Office of the President™

MEMORANDUM

DATE: January 31, 2022

TO: Faculty and Staff

FROM: Lawrence Schovanec, President

RE: Faculty and Staff Mental Wellness Survey

COVID-19 and the resulting social isolation, economic impact and other stresses that have arisen from it have affected many people's mental health. It is essential that we address this issue not only for students but also our faculty and staff.

Our commitment to overall faculty and staff health and wellbeing must be one that is addressed regularly. That is why we created the [Mental Wellness Committee](#) announced last October. The committee has developed a [survey](#) to assess what additional support we might implement at Texas Tech University for the benefit of our faculty and staff. It is available in both English and Spanish.

The [Beyond Okay](#) effort was initially geared to students, and we heard clearly from faculty and staff that you need support too. This survey is an effort to understand what additional supports we may add.

Please take 10-15 minutes to complete the [survey](#) so that we may better understand your knowledge of available resources for mental wellness provided by TTU, perceptions of the resources, and the current mental wellness of the TTU faculty and staff. Survey responses are anonymous. The committee will analyze survey results in aggregate and use them to recommend resource enhancements in support of faculty and staff mental well-being.

Note that within the survey you will have an opportunity to opt into a drawing for a variety of prizes. There are opportunities to win a dozen prizes including T-shirts from the Texas Tech Campus bookstore, tickets for entertainment, a Mark Adams autographed basketball, parking upgrades and gift cards from University Recreation. Opting in for prizes does not reveal your personal information to the survey reviewers.

For guided, online self-help, please visit [Therapy Assistance Online](#).

If you need immediate assistance or are experiencing a mental health crisis, please do one of the following:

- Call the TTU Employee Assistance Program (806.743.1327 or 800.327.0328).
- Call the StarCare Crisis Team (806-740-1414).
- Call 911 – you will be connected with the police who can help you get emergency services.
- Go to a local emergency room.

TAKE SURVEY

