



EMPLOYEE ASSISTANCE PROGRAM

USEFUL LINKS AND NUMBERS

[Human Resources](#)
410-706-1899

[UMaryland Immediate Care](#)
667-214-1899

[Center for Disease Control and Prevention](#)

[MD Department of Health](#)

[National Institute of Mental Illness](#)

[Social Distancing Guidelines](#)

[CDC COVID-19 FACTS](#)

[STOP THE SPREAD](#)

EMPLOYEE ASSISTANCE PROGRAM

419 W. REDWOOD ST
SUITE 560
BALTIMORE, MD 21201
667-214-1555
www.umb-eap.org

The **Employee Assistance Program**, in conjunction with **UMB**, continue to monitor the situation regarding the spread of **COVID-19** while following CDC protocol and guidelines. We are committed to supporting the behavioral health needs of the campus community and remain open and accessible. We can be reached on our main line at **667-214-1555**. Staff is available for in-person, phone and telehealth options. Email **Amy Johnson** (amjohnso@som.umaryland.edu) directly for appointments, questions or additional concerns.



Stress management and active self-care are vital during this time of uncertainty. Use the following in response to crisis and to cope with a disaster:

TAKE CARE OF YOUR BODY

Eat healthy, balanced meals; exercise regularly and get sleep

CONNECT WITH OTHERS

Utilize and maintain relationships and support systems

TAKE BREAKS

Make time to unwind; practice deep breathing and stretch

STAY INFORMED

Missing or inaccurate information can contribute to heightened anxiety or nervousness; Watch/listen/read updates from trusted officials

SEEK HELP

If distress is negatively impacting your daily life; utilize resources available