



UNIVERSITY of MARYLAND BALTIMORE



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 accessible to employees and family members. We can be reached on our main line at **667-214-1555**. Staff is available for phone and secure telehealth video options. Email Amy Johnson (amjohnso@som.umaryland.edu) directly for appointments, questions or additional concerns.

Stress management and active self-care are vital during times of uncertainty. Use the following to

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

DON'T HESITATE TO REACH OUT FOR HELP

If these ideas seem too difficult to incorporate or you are experiencing symptoms of depression, anxiety or unable to sleep or function, don't hesitate to reach out for help. **UMB EAP** remains available to provide confidential counseling by phone or secure telehealth as a benefit to eligible employees and family members. Call **667-214-1555** or email (amjohnso@som.umaryland.edu) to schedule an appointment.

RESOURCES

Human Resources
410-706-7601

UMaryland Immediate Care
667-214-1899

CDC.GOV

NAMI.ORG

SUGGESTED APPS

Headspace

Insight Timer

Calm

Sanity & Self

100% Happier