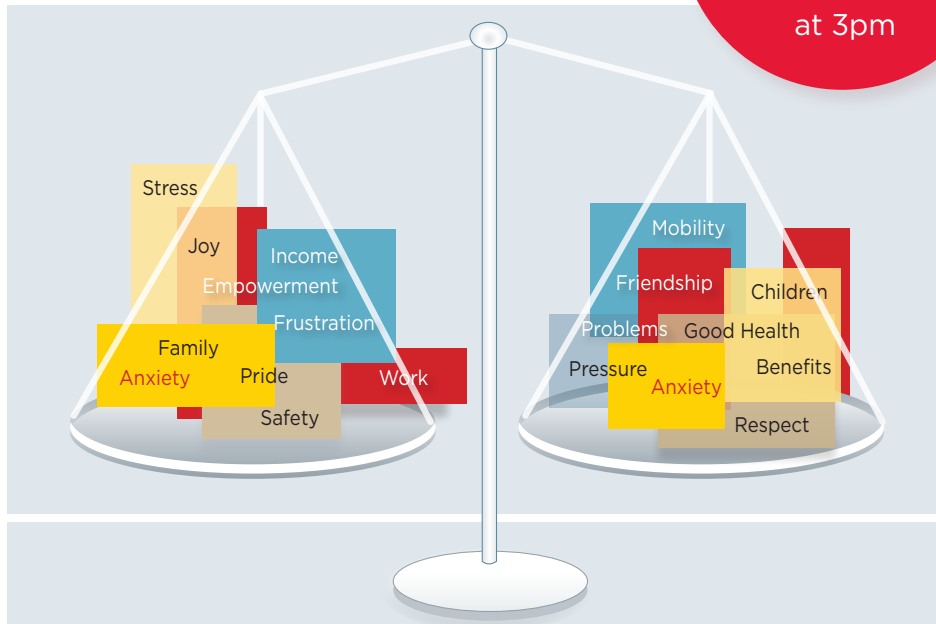


# Taming Anxiety and the Return to “Normal”

Sponsored by the University of Maryland Baltimore  
Department of Psychiatry EAP Programs

Free  
Webinar

Tuesday  
July 20, 2021  
at 3pm



FOR OVER A YEAR WE HAVE NOT KNOWN ‘WHAT COMES NEXT’.

Carefully, we can move back to our pre-pandemic lives, but we are changed forever. This webinar will present some thoughts and techniques which may help in this transition and the path forward.

**Join us for a conversation dealing with:  
Taming Anxiety and the Return to “Normal”** providing insight and easy-to-use techniques for reducing anxious responses to concerns and apprehension.

CLICK ON LINK TO REGISTER

<https://umaryland.webex.com/umaryland/onstage/g.php?MTID=e19264e17be43f95bf9681992fd997832>

Additional resources:

<https://www.healthcarediver.com/news/frontline-worker-mental-health-survey-KFF/597916/>

<https://www.cnn.com/2021/05/31/covid-is-driving-an-exodus-among-health-care-workers.html>

<https://stopasuicide.org/when-helpers-feel-helpless-mitigating-suicide-risk-of-health-care-workers-in-a-pandemic/>



Or scan QR code  
to register

## Employee Assistance Program



### PRESENTER:

CAROL MCKISSICK, MBA,  
MS, LCPC

Carol is a Licensed Clinical Professional Counselor (LCPC) and National Certified Counselor (NCC). Her specialties include couples (Gottman) and trauma (EMDR) counseling. She has experience with adult individual and group counseling, as well as grief, depression, stress, addiction, anxiety, anger management, marital, family and workplace conflict. Before joining the University of Maryland EAP, Carol worked in scientific research and later earned an MBA.

### Employee Assistance Program

Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members.

419 W. Redwood St., Suite 560  
Baltimore, MD 21201

Call 667-214-1555 or email:  
amjohnso@som.umaryland.edu  
to schedule an appointment

[www.umb-eap.org](http://www.umb-eap.org)