

## USEFUL LINKS AND NUMBERS

### Human Resources

410-706-2606

### UMaryland Immediate Care

667-214-1899

### Centers for Disease Control and Prevention (CDC)

### Maryland Department of Health

### National Alliance on Mental Illness

### Social Distancing Guidelines

### CDC COVID-19 Facts

### Stop the Spread of Germs

The **EMPLOYEE ASSISTANCE PROGRAM**, in conjunction with the University of Maryland, Baltimore (UMB), continues to monitor the novel coronavirus (COVID-19) crisis while following Centers for Disease Control and Prevention protocol and guidelines. We are committed to supporting the behavioral health needs of the UMB community and remain open and accessible. We can be reached on our main line at 667-214-1555. Staff members are available for phone and telehealth options. Email Amy Johnson ([amjohnso@som.umaryland.edu](mailto:amjohnso@som.umaryland.edu)) directly for appointments, questions, or additional concerns.



**KEEP CALM AND WASH YOUR HANDS**

### STRESS MANAGEMENT

AND **ACTIVE SELF-CARE** ARE VITAL DURING THIS TIME OF UNCERTAINTY, SO FOLLOW THESE TIPS TO HELP YOU COPE WITH THIS CRISIS:

#### TAKE BREAKS

Make time to unwind; practice deep breathing and stretch.

#### TAKE CARE OF YOUR BODY

Eat healthy and balanced meals, exercise regularly, and get sleep.

#### CONNECT WITH OTHERS

Utilize and maintain relationships and support systems.

#### STAY INFORMED

Missing or inaccurate information can contribute to heightened anxiety or nervousness; watch, listen, or read updates from trusted officials.

#### SEEK HELP

Reach out and use available resources if distress is negatively impacting your daily life.

## Employee Assistance Program

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

667-214-1555  
[www.umb-eap.org](http://www.umb-eap.org)