

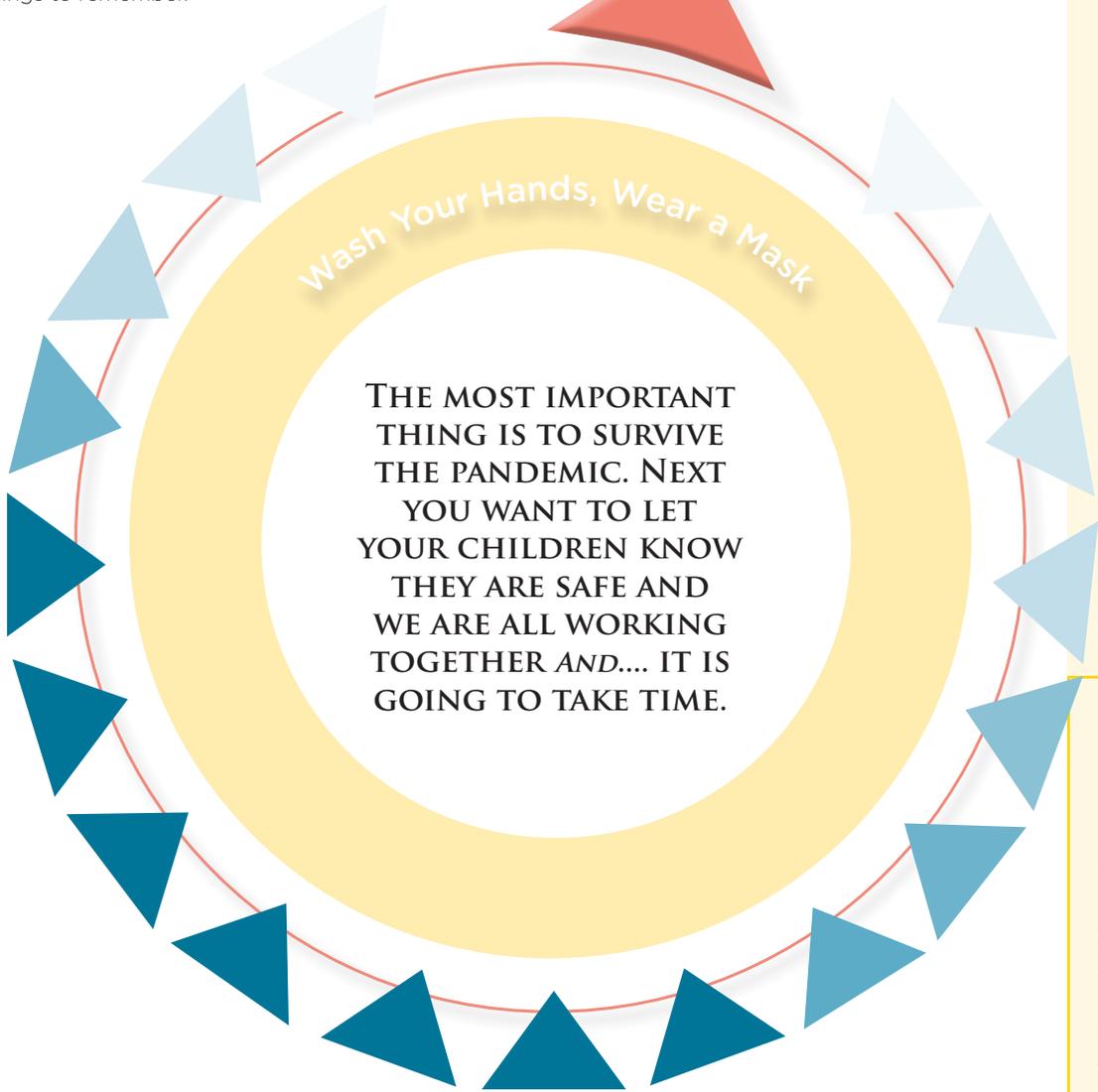
Employee Assistance Program

There are mixed messages coming from federal and state officials about reopening businesses and testing. To help you navigate all the news and messages, here are some surefire things to remember.

Only you know best what helps you cope in an emergency. It may be time alone. It may mean devoting yourself to work. It may be helping someone else, calling family, or eating a meal together. Whatever it is — be easy on yourself. The hard problems will need time to be resolved. Now just be safe. And if you need help — Ask. We can help.

Useful Links and Numbers

- UMaryland Immediate Care 667-214-1899
- Centers for Disease Control and Prevention (CDC)
- Maryland Department of Health (MDH)
- National Alliance on Mental Illness (NAMI)
- Social Distancing Guidelines
- CDC COVID-19 Daily Life and Coping



Employee Assistance Program
 419 W. Redwood St., Suite 560, Baltimore, MD 21201
 667-214-1555
 www.umb-eap.org

EAP CAN HELP
 Confidential counseling by phone or secure telehealth.
 Call 667-214-1555 or email: amjohnso@umaryland.edu to schedule an appointment.

EXTERNAL PRESSURES



- We've never been without food before?
 - How am I going to keep my family safe if I have to work?
 - I lost my job, how am I going to get work?
 - I need transportation/ I just got a car, how can I pay for it?
 - There's not enough money to pay for rent/mortgage and food?
 - The kids are driving me crazy and I don't know when it's going to end.
- And these are just some examples that can create tremendous anxiety.*