

USEFUL LINKS AND NUMBERS

**UMaryland
Immediate Care**
667-214-1899

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

**Maryland
Department of
Health**

**National Alliance
on Mental Illness
(NAMI)**

**Social Distancing
Guidelines**

**CDC COVID-19 Daily
Life and Coping**

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.

Regarding COVID-19, there are mixed messages coming from federal and state officials about reopening businesses and testing. To help you navigate all the news and messages, there are some surefire things to remember.

The most important thing is to survive the COVID-19 pandemic. Next, you want to let your children know that they are safe and we are all working together. And ... it is going to take time.

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

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.