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) directly for appointments, questions, or additional concerns.

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 CARE OF YOUR BODY**
Eat healthy and balanced meals, exercise regularly, and get sleep.

**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.

**CONNECT WITH OTHERS**
Utilize and maintain relationships and support systems.

**TAKE BREAKS**
Make time to unwind; practice deep breathing and stretch.

**KEEP CALM AND WASH YOUR HANDS**

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**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**

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**Employee Assistance Program**

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

667-214-1555
www.umb-eap.org