

Need emotional support during the COVID-19 pandemic?



**HERE TO LISTEN
STAFF SUPPORT LINE
301.451.1151**
EMPLOYEE ASSISTANCE PROGRAM (EAP)
SUPPORTED BY NIMH

Monday - Friday, 9 am - 12 pm and 1 pm - 4 pm

Mental health clinician peers are here to:

- Listen to emotional challenges and stressors
- Provide encouragement and problem solving approaches
- Promote resiliency
- Offer resources

Calls are confidential unless there is a safety concern.

This is not an emergency line or clinical service.