

Free and confidential mental health support for Maryland's long-term health care employees

Maryland COVID-19 Crisis Support Program

Funding provided by the State of Maryland through the Maryland Institute for Emergency Medical Services Systems (MIEMSS) and the Maryland Department of Health Behavioral Health Administration (BHA)

Thank you for your work during this challenging time. Your dedication to your patients and colleagues has caused incredible stress. Now we encourage you to take care of yourself.

Free mental health services include:

- Individual counseling
- Bereavement coaching
- Self-care/stress management education
- Group support for specific workgroups/shifts
- Critical incident debriefings for specific traumatic events
- Management consultation for sustaining employee well-being
- Wellness/stress management facilitated discussions for all employees

Services are provided virtually by the Workplace Trauma Center (WTC) licensed mental health clinicians. Clinicians and MIEMSS staff can provide technical support as needed. Onsite support may be available as State guidelines allow.

Get Help Now

To receive mental health services for yourself or your organization visit:

bit.ly/marylandcovidsupport

If you have an urgent request, please contact MIEMSS at 1-800-648-3001.

For general inquiries email miemss.crisisresponse@maryland.gov.

Please note: To be eligible for this service you must work for a Maryland long-term care facility or other eligible agency designated by the State of Maryland. Please complete the online request form or call to see if you are eligible.

