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.