



Now it's time to take care of yourself. **FREE MENTAL HEALTH SUPPORT FOR NURSING HOME STAFF**

The Maryland COVID-19 Crisis Support Program offers free, confidential mental health support to ALL employees of Maryland's long-term health care facilities impacted by the coronavirus outbreak.

Free mental health services include:

- Individual counseling
- Self-care education
- Management consultations
- Group support for teams
- Bereavement coaching
- Facilitated wellness and stress management discussions

GET HELP NOW

To receive mental health services for yourself or your organization visit bit.ly/marylandcovidsupport.

For urgent requests, call 1-800-648-3001.

Questions? Email miemss.crisisresponse@maryland.gov.

