



# UNIVERSITY of MARYLAND FACULTY PHYSICIANS, INC.

Faculty Practices of the  
University of Maryland School of Medicine



The **Employee Assistance Program**, in conjunction with **FPI**, continue to monitor the situation regarding the spread of COVID-19 while following CDC protocol and guidelines. We are committed to supporting the behavioral health needs of the campus community and remain accessible to employees and family members. We can be reached on our main line at **667-214-1555**. Staff is available for phone and secure telehealth video options. Email Amy Johnson ([amjohnso@som.umaryland.edu](mailto:amjohnso@som.umaryland.edu)) directly for appointments, questions or additional concerns.

Stress management and active self-care are vital during times of uncertainty. Use the following to

### TAKE CARE OF YOUR BODY

Eat healthy, balanced meals; exercise regularly and get sleep

### CONNECT WITH OTHERS

Utilize and maintain relationships and support systems

### TAKE BREAKS

Make time to unwind; practice deep breathing and stretch

### STAY INFORMED

Missing or inaccurate information can contribute to heightened anxiety or nervousness; Watch/listen/read updates from trusted officials

### SEEK HELP

If distress is negatively impacting your daily life; utilize resources available

### DON'T HESITATE TO REACH OUT FOR HELP

If these ideas seem too difficult to incorporate or you are experiencing symptoms of depression, anxiety or unable to sleep or function, don't hesitate to reach out for help. **FPI EAP** remains available to provide confidential counseling by phone or secure telehealth as a benefit to eligible employees and family members. Call **667-214-1555** or email ([amjohnso@som.umaryland.edu](mailto:amjohnso@som.umaryland.edu)) to schedule an appointment.

## RESOURCES

Human Resources  
**667-214-1212**

UMaryland  
Immediate Care  
**667-214-1899**

[CDC.GOV](https://www.cdc.gov)

[NAMI.ORG](https://www.nami.org)

## SUGGESTED APPS

Headspace

Insight Timer

Calm

Sanity & Self

100% Happier

Employee Assistance Program  
**667-214-1555**

[WWW.FPI-EAP.ORG](http://WWW.FPI-EAP.ORG)