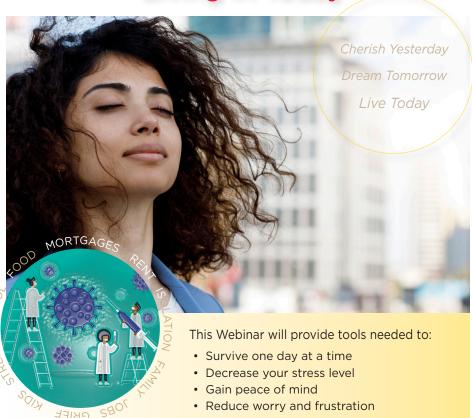


Faculty Practices of the University of Maryland School of Medicine

Free Webinar Tuesday, May 18, 2021 at 3pm

Living in Today



Covid has created increased stress to most human beings, particularly in the health care field. The psychology of living in the present is not just an arbitrary term or a popular phrase — it's a recognized, evidence-based lifestyle that psychologists are quick to recommend for those struggling with anxiety and stress in their day-to-day lives.

Join us for a conversation dealing with: Living One Day at a Time Learn how to effectively deal with life on life's terms.

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Living in Today

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Sponsored by the University of Maryland Department of Psychiatry FPI EAP Programs

Lost on the Frontline https://khn.org/news/lost-on-the-frontline-health-care-worker-death-toll-covid19-coronavirus/

https://stopasuicide.org/when-helpers-feel-helpless-mitigating-suicide-risk-of-health-care-workers-in-a-pandemic/

## Employee Assistance Program



PRESENTER:
PEGGY BURNS, LCADC, MHS

Peggy has provided Employee Assistance Services since 1997 at UMMS and the Baltimore Orioles organization. She has also provided EAP services to BWMC since 2011. Peggy has been providing Mental Health and Substance Abuse services since 1981. She has extensive experience supporting those in need of Substance Abuse services, including family members and loved ones of those afflicted with this disease.

As a Licensed Substance Abuse Professional with a Masters degree in Human Services, her other specialties include: educating clients on developing healthy Communication Skills, Conflict Management, Assertiveness Training and Women's Issues.

## Employee Assistance Program

Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members.

419 W. Redwood St., Suite 560 Baltimore. MD 21201

Call 667-214-1555 or email: amjohnso@som.umaryland.edu to schedule an appointment

www.fpi-eap.org