



## DEPARTMENT OF HEALTH

*Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary*

### **Behavioral Health Administration**

Aliya Jones, M.D., MBA

Deputy Secretary/Executive Director

55 Wade Ave., Dix Bldg., SGHC

Catonsville, MD 21228

July 15, 2020

Dear Long-term Care Facility Staff,

We know that your work is especially challenging — that was true even before the COVID-19 outbreak. I understand that many who work in health care can be so focused on caring for others, that they do not address their own needs.

Now there is a program that provides free and confidential mental health services, specifically for people working in nursing homes and other long-term care support facilities who have been affected by COVID-19.

Under the Maryland COVID-19 Mental Health Crisis Support Program, licensed mental health clinicians are available virtually, with staff from the Maryland Institute for Emergency Medical Services Systems (MIEMSS) onsite at your facility to assist personnel with training and mental health services.

### **Free and confidential mental health services include:**

- Individual counseling support for employees
- Self-care and stress management education via health and wellness webinars
- Management consultation focused on building employee morale and sustaining long-term wellbeing
- Group support for specific workgroups/teams/shifts
- Group critical incident debriefings focused on specific traumatic events
- Bereavement coaching
- Facilitated wellness and stress management discussions open to all employees

[Download a poster for your breakroom or common area.](#)

[Download the one-pager](#) to easily share with colleagues:

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Or get help now:

- For urgent requests, call 1-800-648-3001
- To receive mental health services for yourself or your organization visit [bit.ly/marylandcovidsupport](https://bit.ly/marylandcovidsupport)
- Questions? Email [miemss.crisisresponse@maryland.gov](mailto:miemss.crisisresponse@maryland.gov)

You and your colleagues are more susceptible to heightened depression, anxiety and stress than ever before, and the longer this pandemic continues, that risk increases. Please take care of yourself now and spread the word about this important and necessary resource.

Sincerely,

A handwritten signature in black ink, appearing to read 'Aliya Jones', written in a cursive style.

Aliya Jones, M.D., MBH  
Deputy Secretary Behavioral Health