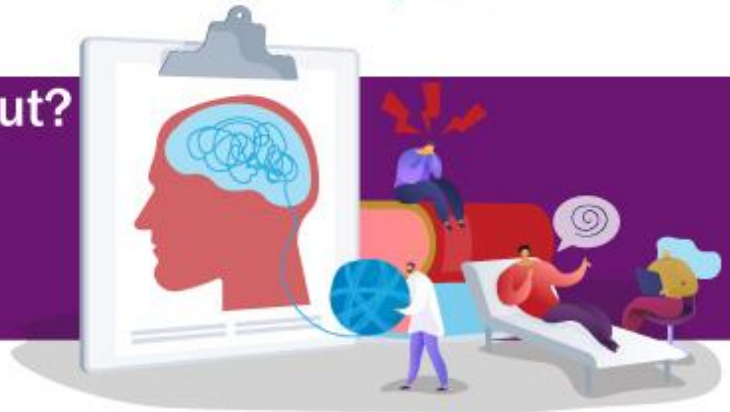




**Stressed? Burned out?  
COVID-19 Blues?**  
Take Advantage of MCG's  
Free Mental Health and  
Counseling Resources



### Employee Assistance Program

Personal issues, planning for life events or simply managing daily life can impact your life, family, and work. The Employee Assistance Program (EAP), ComPsych Guidance Resources, provides free confidential support and resources to help you manage life's changes and challenges.

Montgomery County Government employees and family members have access to:

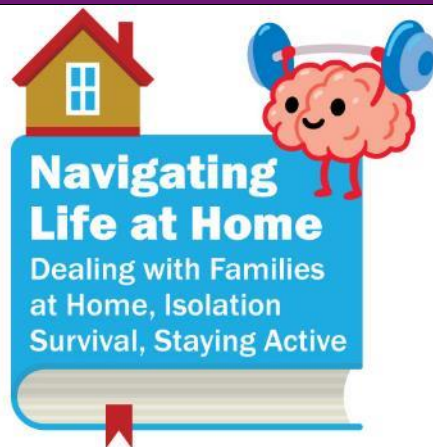
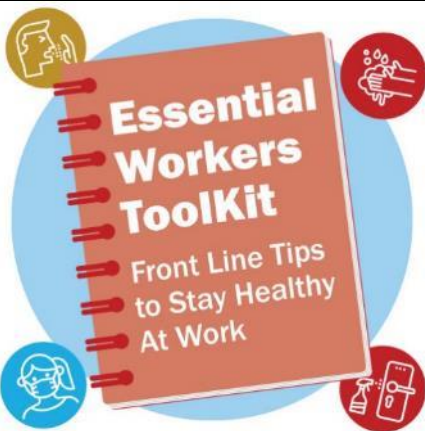
- **Confidential counseling (6 free sessions for each issue you or your family members may be dealing with)**
- Financial planning, legal support, online will preparation
- Concierge services, find child care, buy a home, pet care, & more!



Phone 855-350-1750  
TDD: 800-697-0353  
[Guidanceresources.com](http://Guidanceresources.com)  
Web ID: MCG

For more information, go to: [www.guidanceresources.com](http://www.guidanceresources.com)

### EAP Resources (click graphic icons below)



### MCG's Wellness Program and Fitness Classes

**LiveWell Goes Virtual**

**Free Fitness Classes**



Search "MCGLiveWell" on Facebook to find articles, recipes, workouts, and challenges.

**Get up and move with us!**

If you have been sitting for too long, it's time for a quick and easy movement break. Tune into our LiveWell Movement Break videos and try these [simple stretches](#) and these easy [strengthening moves](#).

Tune in for Social Wellness Fridays with LiveWell. Each week is a new fun activity designed to help you connect with employees all over the county while supporting your mental wellbeing. [Click here](#) to join in on the fun, every Friday at 2 p.m.



Choose from over 1,000+ online classes across 30+ categories such as cardio, mindfulness, and stress managements. Watch on your phone, computer, or tablet by registering for a [free Burnalong account!](#)

**Healthcare Provider Resources**

<b>Kaiser</b>	<b>United Healthcare</b>	<b>Blue Cross/CareFirst</b>
<p><b>Wellness Phone Coaching</b> A <a href="#">Kaiser wellness coach</a> can help you overcome obstacles and achieve goals such as reducing stress, sleeping better, parenting, and learning mindfulness, meditation and self-compassion.</p> <p><b>Classes &amp; Support Groups</b> Taught by trained instructors, Kaiser's classes and support groups help you strengthen relationships, change unhealthy behaviors and cope with stress. (Some classes require a fee.)</p> <p><b>My Strength App</b> <a href="#">myStrength</a> offers personalized, interactive programs for mental health and emotional wellness, including tools designed to</p>	<p><b>Wellness Resources</b> Access these helpful <a href="#">online wellness resources</a> for tips &amp; articles on managing stress, healthy eating, managing depression and fitness.</p> <p><b>Personalized Health Programs</b> Receive 1-on-1 support and create an action plan to reach health goals like quitting smoking with <a href="#">Quit for Life</a> or losing weight with <a href="#">Real Appeal</a>, available to you and your covered family members.</p> <p><b>Sanvello App</b> A free on-demand emotional support mobile app called <a href="#">Sanvello</a> is available to help you cope</p>	<p><b>Wellness Resources</b> <b>1-on-1 Health Coaching</b> Access CareFirst's online <a href="#">health library</a> for tips &amp; articles related to numerous wellness topics such as <a href="#">Managing stress</a>, <a href="#">Mental Health</a>, <a href="#">Weight management</a>, <a href="#">Smoking cessation</a>, and <a href="#">Back/Neck care</a>. Or enroll in lifestyle coaching to improve health and well-being by calling <a href="#">877-260-3253 opt. 7</a>.</p> <p><b>Disease Management Coaching</b> This confidential coaching is conducted by licensed nurses trained in treating numerous conditions. To enroll, call <a href="#">1-877-260-3253, option 7</a>.</p> <p><b>Video Visits</b></p>



help ease fear and anxiety about COVID-19 specifically.

**COVID-19 Resources**

Kaiser's [dedicated COVID-19 preparedness & resources webpage](#) is full of helpful videos and resource links to help you navigate this challenging time.

For more information, visit [www.kp.org/selfcare](http://www.kp.org/selfcare) or contact Kaiser by phone at **301-468-6000**.

with stress, anxiety and depression.

**24/7 Emotional Support Line**

UHC's free 24/7 emotional support line is open to anyone and staffed by mental health experts. Call any time at **866-342-6892**.

**Expanded Telehealth 24/7**

Use FaceTime, Skype, Zoom or telehealth applications for your UHC telehealth visit, ideal for urgent care like seasonal flu, allergies, and pinkeye, but also includes outpatient behavioral health and physical, occupational and speech therapies.

**CareFirst Video Visits** have been expanded to include mental health (therapy, psychiatry, medication management), urgent care, diet, nutrition and breastfeeding support. Schedule a visit and meet from the comfort of your home.

**Free 24/7 Nurse Line**

Speak with a registered nurse and get recommendations for the most appropriate care. Contact any time at **800-535-9700**.

**Nutrition and Prevention**

Stress, boredom, and schedule changes can all lead to altered eating patterns. If you need help adjusting your diet to your new normal, schedule a free virtual nutrition consultation with a registered dietitian available at Occupational Medical Services (OMS). [OMS Nutrition and Risk Prevention](#) creates programs that target department-specific barriers to healthy living. Discover recipes, workouts, and stress management techniques that fit into a hectic schedule with Telehealth events designed for you. For department-specific, job specific nutrition and prevention programs or individual nutrition coaching contact [Megan.Lautz@montgomerycountymd.gov](mailto:Megan.Lautz@montgomerycountymd.gov).



**Emergency Mental Health Helplines**

If you need help right away — for yourself or a loved one — call 911 or use the emergency numbers below.

<b><u>SAMSHA's Disaster Distress Helpline</u></b>	Substance Use Helpline	National Domestic Violence Hotline	National Suicide Prevention Lifeline
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Office of *Human* Resources

<p><b><u>1-800-985-5990</u> or text <u>TalkWithUs to 66746</u></b></p>	<p>1-855-780-5955</p>	<p>1-800-799-7233 1-800-787-3224 (TTY)</p>	<p>1-800-273-8255 1-800-799-4889 (TTY)</p>
<p>If you are experiencing emotional distress related to any natural or human-caused disaster such as the COVID-19 pandemic.</p>	<p>If you feel that you or a loved one are experiencing signs of addiction, call the confidential helpline to get 24/7 support and guidance on treatment options.</p>	<p>Call for crisis intervention, information and referrals to local services for victims of domestic violence.</p>	<p>If you or someone you know is in suicidal crisis, get emergency help right away. Contact the lifeline for 24/7, free and confidential support and crisis intervention.</p>