

FREE and CONFIDENTIAL SUPPORT FOR MARYLAND FIRE AND EMS PERSONNEL

Maryland COVID-19 Crisis Support Program

*Funding provided by the State of Maryland through the Maryland Institute for Emergency Medical Services Systems (MIEMSS)
and the Maryland Department of Health Behavioral Health Administration (BHA)*

Thank you for your work during this challenging time. Your dedication to your mission is extremely important and may have caused you significant stress. We encourage you to take care of yourself. Free support services for Fire and EMS Departments as well as individuals are available.

PLEASE NOTE:

Individual services are confidential; participation is not reported to your department/employer.

Free support services include:

- **Individual Counseling**
- **Bereavement Coaching/Counseling**
- **Self-care/Stress Management Education**
- **Group Support for specific workgroups/shifts**
- **Critical Incident support for specific traumatic events**
- **Management Consultation for sustaining employee wellbeing**
- **Wellness/Stress Management facilitated discussions for all employees**

Services are provided virtually by the Workplace Trauma Center (WTC) licensed mental health clinicians. Clinicians and MIEMSS staff can provide technical support as needed. Onsite support may be available as State guidelines allow.

Get Help Now

To receive mental health support services for yourself or your organization visit:

bit.ly/marylandcovidsupport . We will get back to you within 24 hours.

If you have an urgent request, please contact MIEMSS at 1-800-648-3001.

For general inquiries, email miemss.crisisresponse@maryland.gov

