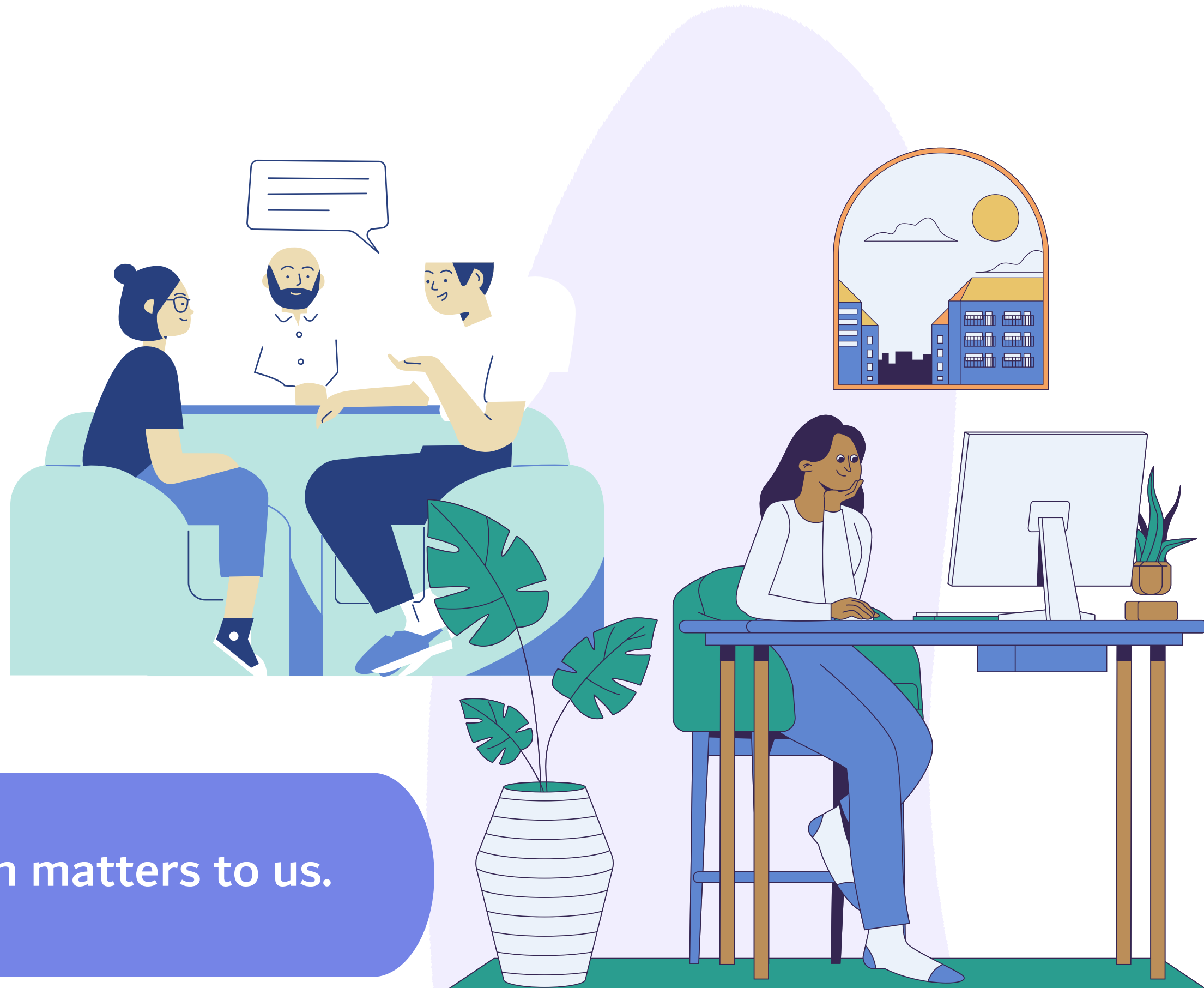


Howard County

Mental Health Resources Guide



You matter and your mental health matters to us.

Mental Health

Mental health is NORMAL

It includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also determines how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood through adulthood.

We are here to help you and your family make healthy choices, get assistance for mental health concerns, and find effective coping tools.

1 IN 5

Americans experience mental health concerns in a given year. Many more are indirectly affected.



How do I find mental health resources available to me and my family?

- 1 Employee Assistance Program Resources (Health Advocate)
- 2 Aetna Healthcare Member Resources
- 3 Kaiser Permanente Healthcare Member Resources
- 4 Community and Regional Resources



Employee Assistance Program (EAP)

Our Employee Assistance Program (EAP) is administered by Health Advocate. This program offers an array of confidential services including up to eight (8) free counseling sessions with a highly trained, master level clinician. The EAP:

- Is available 24/7 at no cost to employees and their dependents.
- Provides services to assist individuals on a variety of personal and healthy work/life issues:
 - ✓ Stress, anxiety, depression
 - ✓ Relationship, family, parenting, and life transition
 - ✓ Substance abuse
 - ✓ Anger, grief, loss
 - ✓ Referrals for additional treatment, as needed
 - ✓ Supervisory referrals to assist employees

Resources

Call the applicable toll-free number listed below to connect with a trained consultant able to answer your questions and if needed, refer you to a counselor or other resources.

- **General Line: 866-380-0787**
- **Public Safety & First Responders Dedicated Line: 866-380-0857**

To access additional resources online visit www.guidanceresources.com. Use the **Web ID: HowardGovEAP** to register.

Health Advocate is available 24/7 at no cost for employees and/or their family members.



Aetna Member Resources

**Need help now?
Call 1-855-TELEDOC
Available 24/7**

The following mental health resources are available to Aetna health insurance members and covered dependents.

Aetna Mental Health Resources Website

- ✓ Mental Health Awareness Guidebook and Videos
- ✓ Parent + Caregiver Mental Health
- ✓ Suicide Prevention Resources

Teledoc Behavioral Health 1-855-TELEDOC

- ✓ 24/7 access to healthcare and medical advice, consult with a psychiatrist or licensed therapist by phone, video or app.
- ✓ Your Aetna health plan gives you access to virtual care by U.S. board-certified providers.

Aetna Mobile App (Use this link to find health providers and check on your benefits)

MindCheck Mobile App (free resource to get a quick read on your state of mind with helpful tips on enhancing wellbeing).

Have general questions or need help on Aetna benefits, call 1-888-502-3862 or go to [Aetna.com](https://www.aetna.com)



Kaiser Permanente Member Resources

The following mental health resources are available to Kaiser health insurance members and their dependents.

Mental Health Services are available via phone, video, or in-person

Call Member Service Contact Center at 1-800-777-7904
(no referral needed) available 24/7

Call Kaiser Permanente Behavioral Access Unit at 1-866-530-8778 to schedule an appointment (no referral needed)

Mental Health Mobile Apps (use this link to access mental health apps such as):

myStrength a digital program with proven tools and dedicated support for stress, depression, sleep and more

Calm: an app for sleep, meditation, lower stress, and anxiety

Confidential mental health resources, counseling, and crisis intervention services are available 24/7 to Kaiser members.



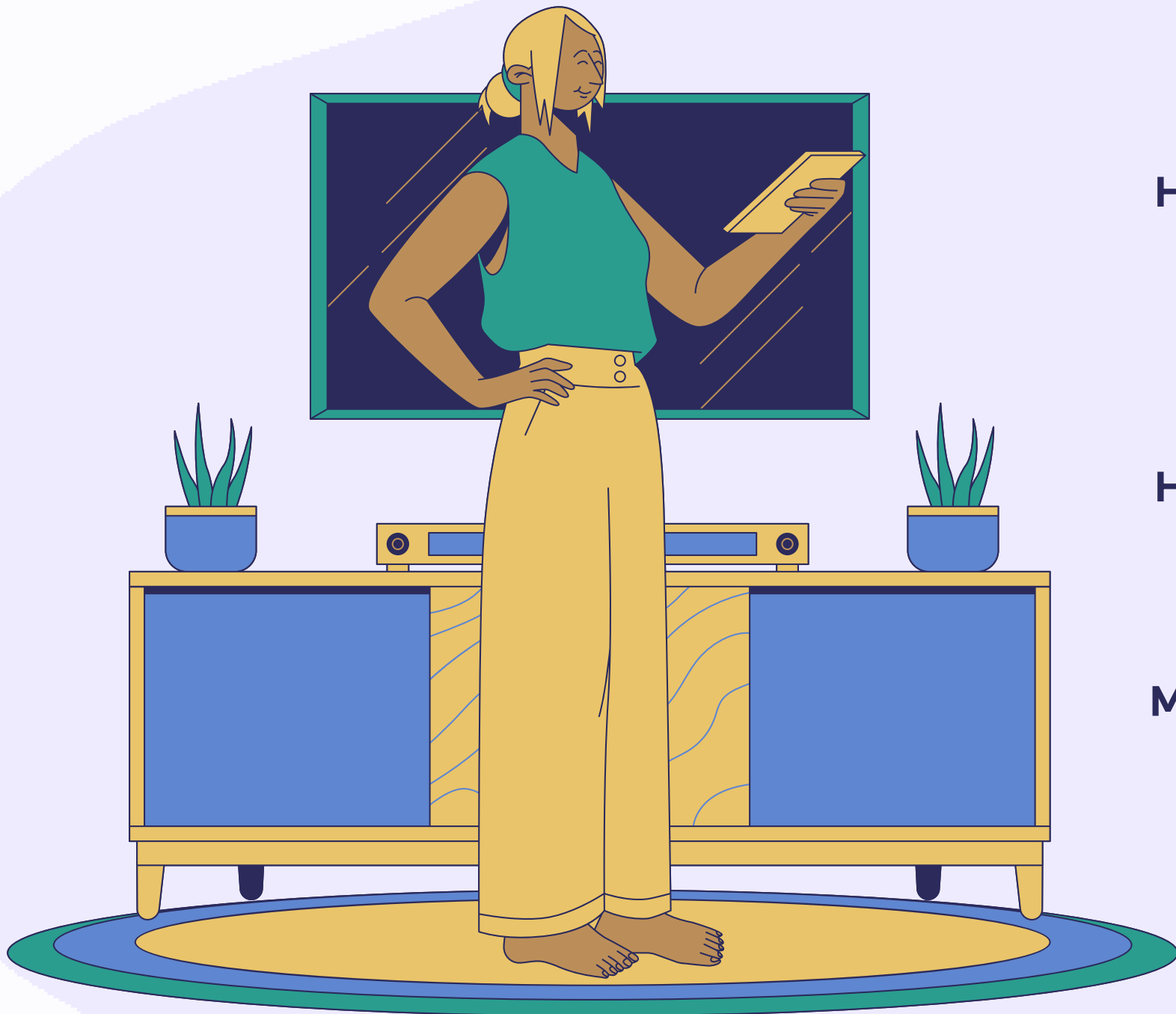
What resources are available to managers to help our employees?



The Employee Assistance Program (EAP) can assist managers in getting help for employees during critical incidents, stressful situations or other needs.

- ✓ When employees need private, confidential counseling, share the contact for the Employee Assistance Program 866-380-0787. **Public Safety and First Responders, call 1-866-380-0857.** Employees may contact the EAP 24/7.
- ✓ The EAP also provides separate assistance to address concerns that may occur at the workplace. These supervisory referrals can be made by coordinating through the County's Office of Human Resources at 410-313-3455 or 410-313-2033.

Community and Regional Mental Health Resources



Maryland Crisis Hotline, 1-800-422-0009

If you are in immediate crisis, call the Maryland Crisis Hotline.

Maryland Crisis Connect, Call 211 Press Option 1

211 Maryland is a nonprofit health and human services agency that connects individuals to essential services like food, housing and mental health support.

Grassroots Crisis Intervention Center, 410-531-6677

- ✓ 24-hour crisis intervention and support hotline
- ✓ Walk-in counseling is available at 6700 Freetown Rd. Columbia, MD 21044
- ✓ Survivor of suicide loss support group offered twice per month, email ashley@grassrootscrisis.org to register. As counselors for the support group are subject to change, please also refer to the phone number above.

HC DrugFree, 443-325-0040

HC DrugFree provides resources and education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop skills to address behavioral health (substance use and mental health concerns).

Howard County Bureau of Behavioral Health, 410-313-6202

Resources for behavioral health equity and optimal wellness that is accessible for all who live, work and visit Howard County.

Maryland Helpline, 1-800-422-0009

A state-wide 24-hour crisis intervention and supportive counseling hotline for SUICIDE, family and relationship problems, shelter needs, violent or threatening domestic situations, loneliness, depression, chemical dependency issues and others.

Community and Regional Mental Health Resources

(Continued)

National Alliance of Mental Illness (NAMI) Howard County
410-772-9300 <https://namihowardcounty.org/resources/>

Howard County Government
<https://www.howardcountymd.gov/health/behavioral-health>

Howard County Health Department
<https://howard.md.networkofcare.org/mh/index.aspx>

Maryland Association of Behavioral Health Authorities
<https://www.marylandbehavioralhealth.org/howard-county/>

Howard County Public School System Mental Health Resources
<https://www.hcpss.org/supports/mental-health-wellness/>



Regional Mental Health Resources



National Suicide Prevention Lifeline, 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress as well as prevention and crisis resources.

Crisis Text Line, Text HOME to 741741

Crisis Text Line provides free, 24/7 support via text message for concerns such as anxiety, depression, suicide, etc.

SAMHSA's National Helpline, 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Trevor Lifeline (LGBTQ + Youth) 1-866-488-7386 or text START to 678678

The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor.

Trans Lifeline, 1-877-565-8860

Trans peer support.

SAGE LGBT Elder Hotline, 1-877-360-5428

Hotline responders are certified in crisis response, offer support without judgment, answer questions factually and confidentially, and provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.

Mental Health Self-care Tips

Regular self-care encourages you to maintain overall wellness. This includes anything you do to keep yourself healthy – physically, mentally, financially, spiritually. Try a few of these ideas to get you started!



- ✓ Take a midday walk
- ✓ Call a loved one or friend
- ✓ Turn the lights off and close your eyes
- ✓ Turn on your favorite song and dance like no one is watching!
- ✓ Read a few pages of your favorite book
- ✓ Go outside, smell the air, listen to nature
- ✓ Journal 5 things for which you are grateful
- ✓ Tell someone you appreciate them
- ✓ Look up healthy meal ideas
- ✓ Schedule a massage or acupuncture session



**Need additional information?
Call us, we're here to help.**

Contact us

Office of Human Resources
Howard County Government
410-313-3455/410-313-2033
GRoss@howardcountymd.gov