



# Mental Health Resources

## Professional Resources

The Howard County health plans include mental health benefits for plan members.

Contact your health plan for professional help with mental, emotional or addiction issues.

Kaiser Permanente – <https://healthy.kaiserpermanente.org/>

Aetna - <https://www.aetna.com/>

The county also offers an Employee Assistance Program (EAP)

The EAP provides 24/7 counseling and referral services to all employees and their family members. <https://workhealthlife.com/Standard3>

## Self-Care and Community Resources

Kaiser Permanente – <https://healthy.kaiserpermanente.org/health-wellness/mental-health>

Kaiser Permanente members can access a number of mental health and emotional wellness resources including: A Depression Self-Assessment tool and myStrength- a personalized program that helps you improve your awareness and change behaviors.

Aetna Resources for Living - <http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/CoronavirusFearsRFL.html>

Aetna's Resources for Living website includes information for both members and the general public. Highlights include the Destress at your Desk video, a Healthy Habits for Emotional Wellbeing chart and an Anxiety Self-Assessment quiz.

Work Health Life EAP - <https://www.workhealthlife.com/Home/Navigate/DE4936F2-9F03-489A-B62C-6280A1690450>

Tips for dealing with Stressful News, and how to Protect Your Mental Health during Uncertain Times

Critical Incident Stress Management Team (CISM)

CISM is a team of county employees who have received training in crisis intervention through the International Critical Incident Stress Foundation. CISM helps employees who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. For more information, call 410-313-6390 or email [Risk@howardcountymd.gov](mailto:Risk@howardcountymd.gov)

Grassroots Crisis Center <https://www.grassrootscrisis.org/> 24 Hour Crisis Hotline 410-531-6677

Grassroots provides 24-hour crisis intervention, suicide prevention, and support to individuals and families with a mental health, substance use or homelessness crisis.