

Feeling Stressed or Anxious?

The outbreak of COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. We've pulled together some Mount resources as well as additional resources to help you and your family:

Mount's Mental Health Resources:

Mount Medical Plan: Employees/Dependents who are covered under the Mount's Medical Plan:

- Mental Health resources are covered in-network at 80%. The employee is responsible for 20% after deductible.
- In-network benefits can be accessed by visiting www.cfablue.com or by calling CareFirst directly. Please see the summary below:

| CareFirst Administrators National PPO Network | | |
|---|--|--|
| | In-Network | Non-Network |
| Annual Deductible | | |
| <ul style="list-style-type: none"> • Employee Only • Employee +1 • Employee +2 or more | <ul style="list-style-type: none"> \$250 \$500 \$750 | <ul style="list-style-type: none"> \$250 \$500 \$750 |
| Mental Health/Substance Abuse | | |
| <ul style="list-style-type: none"> • Inpatient • Outpatient Visit | <ul style="list-style-type: none"> 20%; after Deductible 20%; after Deductible | <ul style="list-style-type: none"> 40%; after Deductible 40%; after Deductible |

For additional details on the Mount's medical plan, please refer to the Summary of Benefits.

Mount's Employee Assistance Program (EAP): A free benefit available to Mount employees and family members.

Wellspan Employee Assistance Program (EAP)

EAP Frequently Asked Questions:



Q: What is an EAP?

A: WellSpan EAP is a professional, confidential program that provides face-to-face assessment, short-term counseling, referral and follow-up services. It is designed to help employees and their immediate family members identify and resolve personal problems that may be affecting them either at work or in their personal lives.

Q: Where Do I Start?

A: To schedule an EAP appointment call a participating provider location directly (access: [Find a Provider](#)). When you call the office of your choice, please say that you would like to use your EAP benefits through WellSpan EAP. If you need assistance in making an appointment, please call the WellSpan EAP Customer Service Department at 1-866-227-6527.

Q: What should I expect from my first call?

A: Call the provider directly to set up an appointment:

1. Please say you want to use your employee assistance program benefit through WellSpan EAP.
2. You will be asked for your name, address, phone number, a description of the issue, and the name of the employer providing your EAP. **Be assured that this information will be kept confidential. Your employer will not know you are seeking services.**

Q: How Much Will This Cost Me?

A: Since the Mount feels that an employee should not have to worry about the cost of getting help, EAP is a free employee benefit offered to you. It will cost you nothing to use the EAP program. If additional help is recommended, you may be eligible to coordinate benefits for longer term care under your health insurance plan.

Q: What other services does Wellspan EAP offer?

A: Wellspan offers other services to help employees and their family members, such as a variety of Work Life Services (you can sign up for their WorkLife portal using the Mount employer code: wsh-msmu), including resources such as financial, child care and elder care resources, wellness, relationship & health information.

Wellspan: 1-866-227-6527

Website: <http://www.wellspaneap.org/>

Employees may notice that Wellspan may have a higher call volume during this time. Here are some additional resources which may be useful to Mount employees and family members:

- **Maryland 211:** 2-1-1 is a quick and easy way to find information and get referrals for thousands of programs and services across Maryland. Anyone of any age can call 2-1-1 at anytime. 2-1-1 call specialists are trained to assist people dealing with all kinds of challenges including COVID-19 challenges, housing, utility shutoffs, family crisis, financial, legal, employment, and other problems. 2-1-1 is available 24 hours a day, 365 days a year in over 180 languages.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
<https://findtreatment.samhsa.gov/>
- **LifeLine: National Suicide Prevention Hotline.** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline \(https://suicidepreventionlifeline.org/\)](https://suicidepreventionlifeline.org/) or your [local crisis line \(https://suicidepreventionlifeline.org/our-crisis-centers/\)](https://suicidepreventionlifeline.org/our-crisis-centers/).
- For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org <https://suicidepreventionlifeline.org/> or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](https://www.vibrant.org/safespace) <https://www.vibrant.org/safespace/>
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis \(https://www.bethe1to.com/\)](https://www.bethe1to.com/).
- The national [Disaster Distress Helpline \(https://www.samhsa.gov/find-help/disaster-distress-helpline\)](https://www.samhsa.gov/find-help/disaster-distress-helpline) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/sma14-4885.pdf)" (<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/sma14-4885.pdf>) page outlines the signs of stress and steps you can take to alleviate stress.

Family Resources:

- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/PEP20-01-01-006-508.pdf)" (<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/PEP20-01-01-006-508.pdf>) page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space \(https://www.vibrant.org/safespace/\)](https://www.vibrant.org/safespace/) provides interactive coping tools to help users when they need it.
- **Center for Disease Control: Coping and Stress Tips.** This site includes tips for reducing stress in yourself and others, information for parents and for those who have been released from quarantine. This site also includes an activity book for children ages 3-10, national mental health and domestic violence hotline numbers for additional assistance.
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- **SHINE website – Care for your Coronavirus Anxiety** This site includes a Toolkit with meditations, support and links to random internet things to help you recenter, feel soothed, and find some joy.

You may also consider downloading this free app SHINE: Calm Anxiety & Stress on your smart phone or Apple Watch

https://www.virusanxiety.com/?utm_source=eabdb&utm_medium=email&utm_campaign=eabdb

- **The Conversation** – visit this link to read Dr. Jelena Kecmanovic's article entitled, "7 science-based strategies to cope with coronavirus anxiety." Dr. Kecmanovic is an adjunct professor of psychology at Georgetown University. https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207?utm_source=eabdb&utm_medium=email&utm_campaign=eabdb