

STRESSED overwhelmed *trouble* coping?

FCPS is here for you.

You can access your Employee Assistance Program and CareFirst Mental Health Support Resources when it's convenient for you.



ComPsych Emotional Support

Free, confidential assistance to help with personal or professional problems that may interfere with work or family responsibilities.

Call: (800) 272-7255

Online:
www.guidanceresources.com

Web ID: FCPSMD

Available to **all** FCPS employees.



CareFirst Mental Health Support

Access to specialized services and programs to help you get well, if and when you need assistance related to: depression, stress, work-life balance, etc.

Call: (800) 245-7013

Online:
www.carefirst.com/frederick

Available to CareFirst members.



CareFirst CloseKnit

A virtual-first primary care practice that you can connect with 24/7. Primary includes: mental health counseling.

Scan QR code to get started.



Available to CareFirst members.