

Provider Alert

Updated COVID-19 FAQs and Resources

July 15, 2020

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) regularly releases updated guidance, resources and FAQs on Coronavirus Disease 2019 (COVID-19).

New Resource to Fight Isolation and Encourage Mental Wellness

BHA encourages behavioral health providers to share **MD Mind Health** with their patients and networks. MD Mind Health is a new text-based mental health initiative, developed by BHA in partnership with Maryland 211, the state's crisis hotline. **Text "mdmindhealth" 898-211** to receive tips about self-compassion and self-care, community resources, recommended podcasts and apps, inspirational quotes and information on how to get help if needed.

Updated COVID-19 Resources

- [FAQs for Behavioral Health Partners](#)
- [Grief and Loss Support Resources](#)
- [Virtual Recovery and Wellness Guide](#)
- [Mental Health Supports](#)
- [Crisis Services Locator Map](#)
- [Intimate Partner Violence and Child Maltreatment Resource Guide](#)
- BHA leadership is also sharing [this free resource](#) to help people quit smoking

COVID-19 Testing

With more than 220 testing sites open across the state, all Marylanders are encouraged to get tested for COVID-19. For a list of testing sites, up-to-date hours, and other information, visit: <https://coronavirus.maryland.gov/pages/symptoms-testing>

Masks on Maryland

As more businesses and restaurants begin to reopen, remember that Gov. Larry Hogan's [executive order](#) requiring face coverings at any retail establishment in Maryland is still in effect. #MasksOnMaryland

BHA will continue to update behavioral health COVID-19 related FAQs on the [BHA website](#). Please visit frequently for the latest information. Also, please submit any COVID-19 related questions [here](#) or you can email bha.inquiries@maryland.gov.

Optum Maryland would like to reassure providers that all of our services are operating as normal during the current national response to COVID-19. Providers can continue to contact us at 1 (800) 888-1965. After-hours and holidays will be covered by clinical night staff for crisis and emergency services.