OPTUM | Maryland

PROVIDER ALERT
Updated COVID-19 FAQs and Resources
September 25, 2020

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) regularly releases FAQs and resources related to COVID-19. Here is the latest information:

- [FAQs for Telehealth](#) (updated September 22)
- [FAQs for Behavioral Health Partners](#) (updated August 14)

Mental Health Support for Providers and the Public

BHA created [extensive lists of webinars, trainings, support groups, and info guides](#) for clinicians and the general public, which are regularly updated on the BHA webpage. If you see a resource that we have not included, let us know: bha.inquiries@maryland.gov.

Resource: Free Mental Health Support for Nursing Home Staff

The Maryland COVID-19 Crisis Support Program provides free, confidential mental health support to employees working in nursing homes and other long-term care support facilities who have been affected by COVID-19. Under this program, licensed mental health clinicians are available virtually for group or individual sessions, with staff from the Maryland Institute for Emergency Medical Services Systems (MIEMSS) onsite at your facility to assist personnel with training and mental health services.

[Learn more](#) or get help now: For urgent requests, call 1-800-648-3001. To receive mental health services for yourself or your organization visit [bit.ly/marylandcovidsupport](#). For questions, email miemss.crisisresponse@maryland.gov.

Get Your Flu Shot!

It is important to get a flu shot every year – but this year the need is critical. Seasonal influenza and COVID-19 both attack the respiratory system, and having one can make you more vulnerable to the other. Flu can lead to serious illness, hospitalization, or even

death. Getting a flu shot is the best way to protect yourself and your family from getting the flu.

BHA will continue to update behavioral health COVID-19 related FAQs on the BHA website. Please submit your COVID-19 related questions here or email bha.inquiries@maryland.gov.

Thank you,

Optum Maryland Team