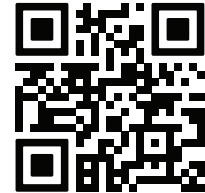
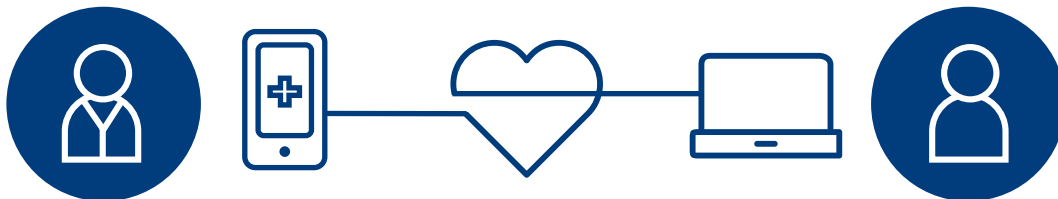


Feeling Overwhelmed? Need Help? **Reach Out.**

Visit the MedStar Connects You
at [MedStar.connectsyou.org](https://www.MedStar.connectsyou.org)



Complete a quick screening questionnaire and receive personalized resources from the Center for Wellbeing based on your unique needs, usually within one business day. This is a 100% anonymous resource that can be accessed 24/7.



MedStar Connects You is not an emergency resource. If you, or someone you know, needs immediate assistance, please contact one of the 24/7 mental health crisis numbers below, or go to your nearest emergency department.

MedStar Health Employee Assistance Program

Call: | 866-765-3277

National Mental Health Helpline

Call or text: | 988

**We are here for YOU and your wellbeing is important to us.
Please reach out if you need help.**