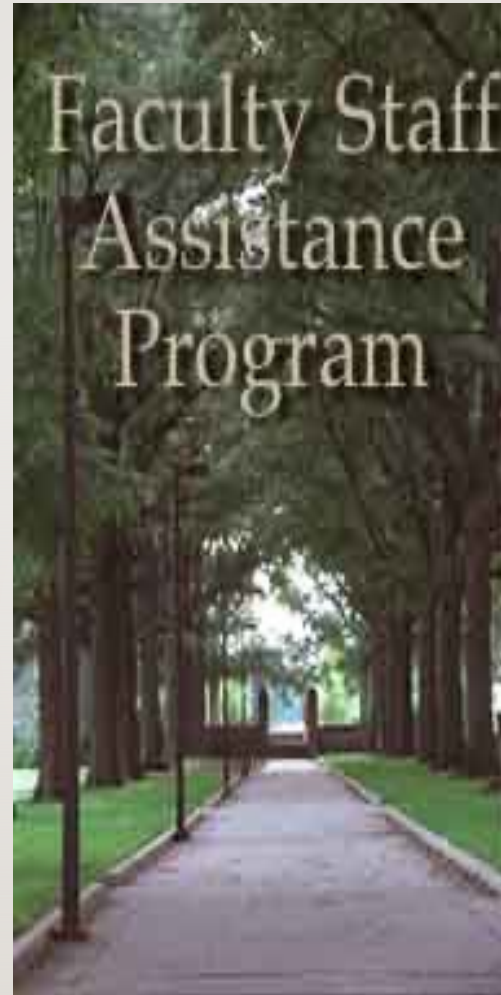




Tom Ruggieri
301-314-8170
ruggieri@umd.edu



www.health.umd.edu/fsap



Joan Bellsey
301-314-8099
jbellsey@umd.edu

FSAP SERVICES

- Assessment, referral and short term counseling (up to 10 visits) for mental health, substance use, work conflict, family issues, etc. These services are free and confidential
- Presentations on a variety of topics, including: Managing the Stress of COVID; Returning to Work; Managing Conflict; Managing Stress, etc.
- Debriefings following traumatic events;
- Fitness for Duty Evaluations



WHAT ARE WE EXPERIENCING?

- What is normal? What's wrong with me? Am I okay?
 - Emotional reactions are across the board
-
- A 2021 Harris Survey poll found the following:
 - 47% of adults reported anxiety;
 - 44% reported sadness;
 - 39% reported anger
 - 81% were stressed about the future of our nation;
 - 74% were stressed about the political unrest in the country;
 - 80% were stressed about the COVID pandemic;

