We understand through the global pandemic of COVID-19, employees are facing an ever-changing working environment. Teleworking, caring for family members, school aged kids at home, all while maintaining a level of self-care, has presented new challenges we face as a community.

Here at Morgan State University, we would like to remind staff of available resources that can assist you and your family through this unprecedented time. We have to be conscious to take care of our mental, emotional and physical well-being so we can be the best self for those around us.

We STAND with you, we SUPPORT you and we will help to STRENGTHEN you!

**Behavioral Health** options are available for benefit-eligible employees and their dependents that are enrolled in a State of Maryland employee medical plan. Behavioral Health plans assists employees and their covered dependents with their emotional, psychological, and social well-being.

To determine your level of coverage or find a behavioral health provider, contact your enrolled medical plan vendor.

- CareFirst BlueCross BlueShield EPO/PPO - (800)-225-0131
- Kaiser Permanente JHM - (855)-839-5763
- United Healthcare, Choice EPO, Choice Plus PPO - (800)-382-7513

External Links are provided through your Workday online account. See instructions below:

### ADDITIONAL RESOURCES

**On Campus Resources**
- University Memorial Chapel - (443) 885-5105 - www.morgan.edu/universitychapel
- University Police - (443) 885-3103 - msupolice@morgan.edu - www.morgan.edu/police

**Off Campus Resources**
- Maryland Coalition Against Sexual Assault (MCASA) - (301) 328-7123 - www.mcsa.org
- Turnaround, Inc. - (800) 845-2277 - www.mcsa.org/hr-survivors/tali/
- Tahirih Justice Center - (570) 282-6161 - www.tahirih.org

For assistance, email OHR@morgan.edu or call (443) 885-3195, and a member of our Benefits team will assist you.

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1. Click [here](#) to log into your Workday online account*
   - Remember to have your W# and password available.
   - If you need assistance with your account, please email marie.armstrong@morgan.edu or tielia.bean@morgan.edu

2. At your home page, click on the Benefits tab

3. At the right-hand side of the screen, you will see External Links
   - Click on the link of your insured vendor and you will be redirected to their State of Maryland Employee Benefits web page. The insurance vendors provide self-service and other accessible plan information. You also can search for providers that offer virtual behavioral health options if available.

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*You must set up your OneLogin account before accessing Workday. Click [here](#) for instructions or email marie.armstrong@morgan.edu or nicole.credle@morgan.edu.