



NPS Staff and Intern Resources for Mental Health and Wellbeing

Our wellness matters, and acknowledging when our stress level is high, and utilizing effective techniques, strategies, and practices to cope can be important for our own wellness. Below are some resources available and accessible in Guam:

- **988: Suicide Prevention**

- Provides free and confidential support for those in distress; you do not need to be experiencing suicidal ideation to contact the 988 Suicide & Crisis Lifeline
- Available 24/7
- Call or text 988
- You can chat with a member of the 988 Suicide & Crisis Lifeline at 988lifeline.org/chat

- **Employee Assistance Program - Requires Access to InsideNPS**

- This page contains information about the NPS Employee Assistance Program (EAP) to include the following: (1) FAQs, (2) types of available services, (3) ways to access EAP services, (4) call center options, (5) a recording of an introduction to our EAP, and (6) EAP handouts.
- inside.nps.gov/eap

- **Mental Health and Resilience - Requires Access to InsideNPS**

- This page contains information to support employee mental health, including a variety of handouts on mental health-related topics.
- inside.nps.gov/mentalhealth

- **Mindfulness Practices - Requires Access to InsideNPS**

- This page contains information about mindfulness and the NPS Mindful Program to include the following: (1) a description of mindfulness, (2) effects of mindfulness, (3) short mindfulness practices, (4) NPS Mindful program orientation and how to join a session, and (5) recorded mindfulness breaks.
- inside.nps.gov/mindfulness

- **Guam Behavioral Health and Wellbeing**

- Services include Adult Counseling, Psychological and Psychiatric Services, Community Support Services, Drug and Alcohol Treatment, Prevention and Training (PEACE)
- <https://gbhwc.guam.gov/>

- **Local Amot Healers in Guam**

- Lourdes Manglona: for medicinal treatment of sickness, aches, etc
 - Phone: 670-284-3834
 - Apprentice (CJ) Phone: 671-797-5985
- Susan Taitano Aguon: for massage and energy work
 - Phone: 671-483-8191