

# Mental health support at no extra cost

Learn about the care options available with your EAP



If you or a loved one need support for coping with life, reducing stress, or living with a mental health issue, you are not alone. Your Employee Assistance Program (EAP) offers work and life support at no extra cost. Each member of your household can have six visits with an EAP counselor per issue, per year. Asking for help can be the hardest part. The information below details the resources available to you, including how to reach out when you're ready.

	Face to Face Counseling	Emotional Well-being Resources	Talkspace	LiveHealth Online	Suicide and Crisis Lifeline
<b>What is it?</b>	Confidential in-person sessions with a licensed professional counselor.	Resources and support to help you live your happiest, healthiest life, including self-help digital tools to help improve your emotional well-being.	Personalized match with a therapist. 24/7 access to confidential messaging with therapist via text, audio, or video and the ability to schedule a virtual visit in real time.	24/7 confidential counseling through scheduled visits over live text message, telephone, or video.	24/7 confidential mental health support, including prevention and crisis resources, for anyone in distress.
<b>When do I use it?</b>	When you need help managing: <ul style="list-style-type: none"> <li>Depression</li> <li>Stress</li> <li>Anxiety</li> <li>Chronic pain</li> <li>Drug and alcohol use</li> <li>Emotional health issues</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Sleep issues</li> <li>Panic</li> <li>Social anxiety</li> <li>Stress</li> <li>Drug and alcohol use</li> <li>Worry</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Grief</li> <li>Relationships</li> <li>Sleep</li> <li>Stress</li> <li>Drug and alcohol use</li> <li>Trauma</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>Anxiety</li> <li>Stress</li> <li>Depression</li> <li>Grief</li> <li>Relationships/family issues</li> <li>Panic attacks</li> <li>Coping with illness</li> </ul>	When you or someone you know are: <ul style="list-style-type: none"> <li>Experiencing suicidal thoughts or behavior.</li> <li>Experiencing emotional distress.</li> <li>Behaving in a way that could harm others.</li> </ul>
<b>What does it cost?</b>	No extra cost.	No extra cost.	No extra cost. Includes six sessions per issue, per year, as part of your EAP counseling	No extra cost. Includes six sessions per issue, per year, as part of your EAP counseling visits.	No extra cost.
<b>How do I connect?</b>	Call your EAP 24/7 at <b>800-999-7222</b> .	Visit <b>anthemEAP.com</b> . You can also use the Sydney <sup>SM</sup> Health mobile app.	Visit <b>talkspace.com/associatecare</b> and select Get Started. Provide the requested information and enter <b>test</b> as your organization name.	Use the Sydney <sup>SM</sup> Health app or visit <b>anthem.com/ca</b> or <b>anthemEAP.com</b> to find virtual care options that are right for you.	Call or text <b>988</b> or chat with someone at <b>988lifeline.org</b> , 24/7.

## Take care of yourself

Your mental and emotional well-being matter just as much as anything else on your to-do list. Don't hesitate to reach out to any of the resources above when you need support. You can also call your EAP at **800-999-7222** or visit **anthemEAP.com** and enter company code: test.