

# 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. Asking for help can be the hardest part. The information below details the resources available to you, so you know where to reach out when you're ready.

	Face-to-face counseling	Substance use support	Talkspace	LiveHealth Online	Suicide and Crisis Lifeline
<b>What is it?</b>	Confidential in-person sessions with a licensed professional counselor.	24/7 confidential access to substance use advocates who can listen, provide support, and help you develop a recovery plan.	Personalized match with a therapist. 24/7 access to confidential messaging with a 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>Anxiety or panic attacks</li> <li>Chronic pain</li> <li>Depression</li> <li>Drug and alcohol use</li> <li>Emotional health issues</li> <li>Stress</li> </ul>	When you need help with alcohol or drug use, including opioid addiction.	When you need help managing: <ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Drug and alcohol use</li> <li>Grief</li> <li>Relationships</li> <li>Sleep</li> <li>Stress</li> <li>Trauma</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>Anxiety or panic attacks</li> <li>Coping with illness</li> <li>Depression</li> <li>Grief</li> <li>Relationships/family issues</li> <li>Stress</li> </ul>	When you or someone you know are experiencing any of the below, call or text 988 or chat with someone at 988lifeline.org, 24/7: <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>

## 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 one of the resources above when you need support. To begin, log in to your EAP at [anthem.com/eap](https://anthem.com/eap).

If you or a loved one are dealing with suicidal thoughts, seek help right away. Contact the Suicide and Crisis Lifeline 24/7 at 988, chat with someone at 988lifeline.org, or call 911.



Virtual text and video visits powered by K Health.

LiveHealth Online is the trade name of Carelon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

Talkspace does not offer emergency services.

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