

Caring for your mental health

Mental health has a major impact on our overall well-being, and even physical health. Everyone experiences feelings of sadness, fear, and anxiety, but sometimes these emotions lead to larger psychological or social problems.

Your Employee Assistance Program (EAP) offers a wide range of support and resources to help you, available at no extra cost:

- Information about mental health concerns
- Professional counseling
- Tips and tools for taking care of yourself

These resources can help you recognize the signs of mental health problems, find the help you need, and learn healthy, lifelong habits:

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for “mental health” on the website to read articles that can help you and your loved ones.

Anthem[®] EAP

Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **1-800-865-1044**.
- Go to **anthemeap.com** and enter your company name.