

This email is sent to you by your employer benefits department regarding information, benefits or services available to you through your Employee Assistance Program. If you have any questions or concerns about this message, please contact your HR benefits representative.

Anthem  Anthem  Anthem EAP



You can count on your EAP for support

We're providing valuable resources this Mental Health Awareness Month

It's natural to feel overwhelmed or worried about the future as you navigate the constantly changing world around us. But you're not alone. Whether you're struggling with recent life changes or just trying to find peace of mind, your Employee Assistance Program (EAP) is here to help—during Mental Health Awareness Month and beyond.

We know that mental health has a major impact on our overall well-being, and even physical health. Your EAP offers a wide range of support and resources to support you, available at no extra cost:

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

Learn more

Listen to brief, educational podcasts from licensed professional counselors and check out the WellPost Blog to get answers to common questions, ask for help or seek help for loved ones.

To access the EAP website

Go to anthemeap.com and enter your company name

- Click on the Podcasts tab on the right-hand side of the screen
- Click on the WellPost tile in the middle of the screen

If you need extra support, you can connect with a licensed professional counselor for confidential online or in-person sessions.

Call us to get started: 1-800-999-7222.

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Independent licensee of the Blue Cross Blue Shield Association. Read more [about us](#).