



Meet your 24/7 family helper

From family planning to sending a child to college, your EAP offers 24/7 support



Being a parent has its rewards, but it can also have its challenges. Although it may sometimes feel like you are supposed to have all the answers, you don't have to figure out everything on your own. Help is available through your Employee Assistance Program (EAP).

Your EAP is here for you and your family with tools and resources, available at no extra cost. Use your EAP to:

- Search for **childcare**.
- Explore parenting **tips and tools**.
- **Learn about mental health** for children and teens.
- Understand developmental stages, including what to expect and how to **keep your child safe at every age**.
- **Address issues** such as bullying, behavior problems, smoking, and drinking.
- Find adoption **resources**.

Start saving time, energy, and stress — connect with your EAP today.



**Connect with
your EAP**

Call **855-873-4932, 24/7.**

Go to **anthemEAP.com** and
enter your company code
Henrico.

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