

Mental health support at no extra cost

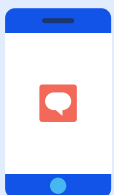
Discover the care available through your EAP

If you or a loved one needs help coping with life's challenges, your Employee Assistance Program (EAP) is here with support at no extra cost.

You can find help for conditions such as anxiety, depression, stress, sleep problems, substance use, and family and relationship concerns.

	What it is	How to connect
Counseling	Each member of your household can have 6 visits with a counselor per issue, per year.*	
Counselors in your community	Confidential therapy sessions with a licensed professional counselor near home, school, or work.	For a list of counselors that are part of your EAP, visit www.anthemEAP.com and enter your company code: Henrico. You can also call 24/7 at 855-873-4932 .
Talkspace	Be matched with a licensed therapist who best suits your needs. Connect 24/7 via text chat, phone, or video — or schedule a virtual visit to connect in real time.	Visit talkspace.com/associatecare and select Get Started . Complete the information and enter Henrico as your organization name.
Self-paced resources		
Emotional Well-being Resources	Online programs and personalized coaching to help you work through thoughts and behaviors that affect emotional well-being. Learn ways to manage concerns like stress, anxiety, depression, and sleep issues — at no extra cost.	Log in to www.anthemEAP.com and enter your company code: Henrico. Scroll down to <i>Self-paced Courses and Resources</i> and choose Emotional Well-being Resources .

If you are in crisis, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.



Find the support you need, 24/7

Visit **www.anthemEAP.com** and log in with company code: **Henrico**. Call us at **855-873-4932**.

* Appointments are subject to the availability of a therapist.

Online counseling is not appropriate for all kinds of matters. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org. If your issue is an emergency, call 911 or go to your nearest emergency room.

Talkspace does not offer emergency services. Talkspace is not currently available for fully insured California members.

EAP products are offered by Anthem Insurance Companies, Inc.

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