

# Add to your parenting toolbox



Parenting can be a rewarding yet difficult job. You're teaching your kids left from right and right from wrong and talking to their teachers and doctors to make sure they're on track. With the responsibility that comes with raising a child, it may feel like you need to have all the answers. But you don't have to figure everything out alone.

Your Employee Assistance Program (EAP) is here for you and your family, offering tools, resources, and support at no extra cost, to help you:

- Find child care.
- Address issues like mental health, bullying, behavior troubles, smoking, or drinking.
- Connect with adoption resources.
- Understand a child's developmental stages.

## Your EAP is here for you

Lean on these resources when you need help.



### Counseling

Talk to a licensed counselor in person or online. You and your household members each have a set number of visits per issue per year at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.

## Get the help you need, 24/7

Visit [anthem.com/eap](https://anthem.com/eap).

Scan this QR code with your phone's camera to access your EAP.



\* Appointments subject to the availability of a therapist. 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.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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