

# Mental health support at no extra cost

## Learn about the care options available with your EAP

If you or a loved one need support for coping with life, reducing stress, or living with a mental health issue, you are not alone. Your Employee Assistance Program (EAP) offers work and life support at no extra cost. Each member of your household can have six visits with an EAP counselor per issue, per year. Asking for help can be the hardest part. The information below details the resources available to you, including how to reach out when you're ready.



	Face to Face Counseling	Emotional Well-being Resources	Talkspace	LiveHealth Online	Suicide and Crisis Lifeline
<b>What is it?</b>	Confidential in-person sessions with a licensed professional counselor.	Resources and support to help you live your happiest, healthiest life, including self-help digital tools to help improve your emotional well-being.	Personalized match with a therapist. 24/7 access to confidential messaging with therapist via text, audio, or video and the ability to schedule a virtual visit in real time.	24/7 confidential counseling through scheduled visits over live text message, telephone, or video.	24/7 confidential mental health support, including prevention and crisis resources, for anyone in distress.
<b>When do I use it?</b>	When you need help managing: <ul style="list-style-type: none"> <li>• Depression</li> <li>• Stress</li> <li>• Anxiety</li> <li>• Chronic pain</li> <li>• Drug and alcohol use</li> <li>• Emotional health issues</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Sleep issues</li> <li>• Panic</li> <li>• Social anxiety</li> <li>• Stress</li> <li>• Drug and alcohol use</li> <li>• Worry</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief</li> <li>• Relationships</li> <li>• Sleep</li> <li>• Stress</li> <li>• Drug and alcohol use</li> <li>• Trauma</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Stress</li> <li>• Depression</li> <li>• Grief</li> <li>• Relationships/family issues</li> <li>• Panic attacks</li> <li>• Coping with illness</li> </ul>	When you or someone you know are: <ul style="list-style-type: none"> <li>• Experiencing suicidal thoughts or behavior.</li> <li>• Experiencing emotional distress.</li> <li>• Behaving in a way that could harm others.</li> </ul>
<b>What does it cost?</b>	No extra cost.	No extra cost.	No extra cost. Includes six sessions per issue, per year, as part of your EAP counseling	No extra cost. Includes six sessions per issue, per year, as part of your EAP counseling visits.	No extra cost.
<b>How do I connect?</b>	Call your EAP 24/7 at <b>800-999-7222</b> .	Visit <b>anthem.com/CA/EAP</b> .	Visit <b>talkspace.com/associatecare</b> and select Get Started. Provide the requested information and enter <b>SISC</b> as your organization name.	Visit <b>anthem.com/ca</b> or <b>anthem.com/CA/EAP</b> to find virtual care options that are right for you.	Call or text <b>988</b> or chat with someone at <b>988lifeline.org</b> , 24/7.

### Take care of yourself

Your mental and emotional well-being matter just as much as anything else on your to-do list. Don't hesitate to reach out to any of the resources above when you need support. You can also call your EAP at **800-999-7222** or visit **anthem.com/CA/EAP** and enter company code: SISC.

# Make time for your mental health



Our mental health is just as important as our physical health. It plays a big role in how we think, feel, and act. It can have an impact on how we handle stress, make choices, and relate to those around us.<sup>1</sup>

Many people deal with mental health concerns at some point in their lives. Making time to care for your mental health is one of the best things you can do to improve your well-being and live a happier life. Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support, you'll find ways to:

- Access virtual or in-person counseling.
- Learn about different mental health conditions.
- Understand common signs and symptoms that you or someone else might need help.
- Learn tips and strategies to improve your mental health.

If it's an emergency, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.

## Support you can count on

Lean on these EAP resources anytime you need a helping hand.



### Counseling

Talk to a licensed counselor in person or online. You and your household members can each have up to six visits with a counselor per issue, per year at no extra cost.<sup>2</sup>



### Self-paced learning materials

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



### Emotional Well-being Resources

Access one-on-one coaching and digital self-help tools to help you take charge of your emotional wellness.

## Your EAP is here for you

Get the help you need anytime 24/7.

Call us at **800-999-7222**.

Go to **[anthemEAP.com/SISC](https://anthemEAP.com/SISC)**



<sup>1</sup> Centers for Disease Control and Prevention: *About Mental Health* (April 25, 2023); cdc.gov.

<sup>2</sup> 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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# With you every step of the way

Emotional Well-being Resources offer help when you need it



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Go to [anthemEAP.com](http://anthemEAP.com) and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

## A wealth of resources at your fingertips



### Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



### Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.

**Anthem**® EAP



**SISC**  
Self-Insured Schools of California  
Schools Helping Schools

 **learntolive**

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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