

# Your Employee Assistance Program

Support for life's challenges, 24/7



Your Employee Assistance Program (EAP) is here to help you meet life's challenges — big or small. If you need support, your EAP website has articles, podcasts, online seminars, and other resources that can help you feel more cared for, confident, and protected.

## Work-life balance

 **Money, budgeting, and identity theft protection.** Learn about credit card debt, loan rates, and retirement planning, — or use our discount-shopping program for savings of up to 25%.

 **Legal services.** Talk to a professional about small claims court, traffic violations, making a will, and other legal matters.

 **Parenting tools and insight.** Find expert advice on adoption, school anxiety, college readiness, raising children with special needs, and becoming a blended family.

 **Search for care.** Get help finding high-quality child, elder, and pet care.

 **Quitting smoking.** When you're ready to quit, you'll find articles about handling cravings and nicotine replacement therapy, along with links to tips, techniques, and quizzes that can help boost your chances of success.

 **Healthy lifestyle tips and resources.** Learn ways to improve eating, fitness, and sleep habits.

## Mental health and emotional well-being

 **Stress, anxiety, and depression.** Discover stress relief techniques and connect with mental health information, care, and programs.

 **Addiction and recovery.** Explore guidance and support focused on long-term treatment.

 **Grief and loss.** Find emotional health and well being resources that are right for you as you process your feelings.

 **Extra support.** Schedule a confidential in-person or virtual visit with a licensed counselor.

 **Emotional Well-being Resources.** Learn new ways to handle life's ups and downs, including how to manage stress, anxiety, and depression



**Your EAP is here for you**

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

Visit **[anthem.com/CA/EAP](https://www.anthem.com/CA/EAP)** and log in with company name: Anthem California.

