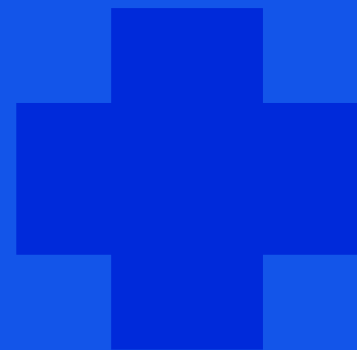


Make time for your mental health



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.¹

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.²



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**



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

² 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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