

# Caring for your mental health

Mental health has a major impact on our overall well-being, and even physical health. Everyone experiences feelings of sadness, fear, and anxiety, but sometimes these emotions lead to larger psychological or social problems.

Your Employee Assistance Program (EAP) offers a wide range of support and resources to help you, available at no extra cost:

- Information about mental health concerns
- Professional counseling
- Tips and tools for taking care of yourself

These resources can help you recognize the signs of mental health problems, find the help you need, and learn healthy, lifelong habits:

## Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “mental health” on the website to read articles that can help you and your loved ones.



## Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-800-999-7222.
- Go to [anthemEAP.com](https://anthemEAP.com).