

# Mental health support at no extra cost

Discover the care available through your Employee Assistance Program



If you or a loved one needs help coping with life's challenges, your Employee Assistance Program (EAP) is here with support at no extra cost.

You can find help for conditions such as anxiety, depression, stress, sleep problems, substance use, and family and relationship concerns.

	What it is	How to connect
<b>Counseling</b>	Each member of your household can have six visits with a counselor per issue, per year.*	
<b>Counselors in your community</b>	Confidential therapy sessions with a licensed professional counselor near home, school, or work.	For a list of counselors that are part of your EAP, visit <a href="http://anthemeap.com/bristol-management-services">anthemeap.com/bristol-management-services</a> . You can also call 24/7 at <b>800-999-7222</b> .
<b>Talkspace</b>	Be matched with a licensed therapist who best suits your needs. Connect 24/7 via text chat, phone, or video — or schedule a virtual visit to connect in real time.	Visit <a href="http://anthemeap.com/bristol-management-services">anthemeap.com/bristol-management-services</a> . Choose <b>Find a Counselor</b> and select <b>Talkspace</b> . Complete the information and enter <b>Bristol Management Services</b> as your organization name.
<b>LiveHealth Online</b>	Select from counselors who meet your needs, schedule a video visit, and then connect with your counselor without leaving the privacy and comfort of your home.	Visit <a href="http://anthemeap.com/bristol-management-services">anthemeap.com/bristol-management-services</a> or call <b>800-999-7222</b> . Choose <b>Find a Counselor</b> and select <b>LiveHealth Online</b> for instructions on how to get started.
<b>Self-paced resources</b>		
<b>Emotional Well-being Resources</b>	Online programs and personalized coaching to help you work through thoughts and behaviors that affect emotional well-being. Learn ways to manage concerns like stress, anxiety, depression, and sleep issues — at no extra cost.	Log in to <a href="http://anthemeap.com/bristol-management-services">anthemeap.com/bristol-management-services</a> .  Scroll down and select the <b>Emotional Resources</b> tile to get started.

If you are in crisis, call 988 to reach the Suicide & Crisis Lifeline or go to your nearest emergency room.



## Find the support you need, 24/7

Visit [anthemeap.com/bristol-management-services](http://anthemeap.com/bristol-management-services). You can also scan the QR code with your phone's camera. Call us at **800-999-7222**.

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

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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.

Talkspace does not offer emergency services. Talkspace is not currently available for fully insured California members.

EAP products are offered by Anthem Insurance Companies, Inc.

