



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 |
|---------------------------|---|--|---|--|--|
| What is it? | 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. |
| When do I use it? | When you need help managing: <ul style="list-style-type: none"> Depression Stress Anxiety Chronic pain Drug and alcohol use Emotional health issues | When you need help managing: <ul style="list-style-type: none"> Anxiety Depression Sleep issues Panic Social anxiety Stress Drug and alcohol use Worry | When you need help managing: <ul style="list-style-type: none"> Anxiety Depression Grief Relationships Sleep Stress Drug and alcohol use Trauma | When you need help managing: <ul style="list-style-type: none"> Anxiety Stress Depression Grief Relationships/family issues Panic attacks Coping with illness | When you or someone you know are: <ul style="list-style-type: none"> Experiencing suicidal thoughts or behavior. Experiencing emotional distress. Behaving in a way that could harm others. |
| What does it cost? | 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. |
| How do I connect? | Call your EAP 24/7 at 800-999-7222 . | Visit anthem.com/CA/EAP . | Visit talkspace.com/associatecare and select Get Started. Provide the requested information and enter SISC as your organization name. | Visit anthem.com/ca or anthem.com/CA/EAP to find virtual care options that are right for you. | Call or text 988 or chat with someone at 988lifeline.org , 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.

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

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. Talkspace does not offer emergency services.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Employee Assistance Program Service Summary SISC - Self Insured Schools of California



Available 24/7, 365 days a year
Everything you share is confidential*

Life can be full of challenges. Your Anthem Employee Assistance Program (EAP) is here to help you. EAP offers a wide range of no-cost support services and resources, including:



Counseling

- Up to 6 visits per issue.
- In-person or online visits
- Call EAP or use the online Member Center to initiate services



Legal consultation

- 30-minute phone or in-person meeting
- Discounted fees to retain a lawyer
- Free legal resources, forms, and seminars online



Financial consultation

- Phone meeting with financial professionals
- Regular business hours; no appointment required
- Free financial resources and budgeting tools online



ID recovery

- Help reporting to consumer credit agencies
- Assistance with paperwork and creditor negotiations



Emotional Well-being Resources

- Digital tools to improve emotional well-being
- Team up with an experienced clinical coach
- Practice mindfulness on the go



Dependent care and daily living resources

- Online information about child care, adoption, elder care, and assisted living
- Phone consultation with a work-life specialist
- Help with pet sitting, moving, and other common needs



Other anthemEAP.com resources

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues



Crisis consultation

- Toll-free emergency number; 24/7 support
- Online critical event support during crises

We are ready to support you

You can call us at 800-999-7222, or go to [anthemEAP.com](https://www.anthemEAP.com) and enter your company code: SISC

When something unexpected happens, EAP can help you figure out your next steps. Contact us today.

* In accordance with federal and state law, and professional ethical standards.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.
Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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Find help today

Receive support when and how you need it.



Call us

Reach us at **800-999-7222**
24/7 for free, confidential help



Visit our website

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



Your privacy matters. If you contact EAP, no one will know, unless you give permission in writing.* Let us give you a helping hand. Please call **800-999-7222** or go to [anthemEAP.com](https://www.anthemEAP.com) and enter **SISC** to log in.

Feeling overwhelmed, stuck or lost?

Lean on EAP, day or night.



What is an Employee Assistance Program (EAP)?

It's a no-cost employee program to help you meet life's challenges. Call **800-999-7222** or visit [anthemEAP.com](https://www.anthemEAP.com) and enter **SISC** to log in. Everything you share is confidential.



Employee Assistance Program

800-999-7222

[anthemEAP.com](https://www.anthemEAP.com)

Enter **SISC** to log in for free, confidential help, any time, day or night



* In accordance with federal and state law, and professional ethical standards.

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