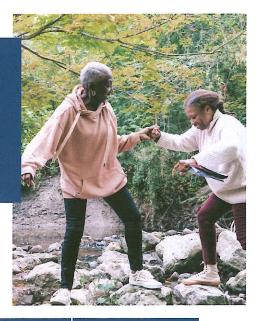




## Mental health support at no extra cost

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:  Depression Stress Anxiety Chronic pain Drug and alcohol use Emotional health	When you need help managing:  Anxiety Depression Sleep issues Panic Social anxiety Stress	When you need help managing:  Anxiety  Depression  Grief Relationships Sleep Stress	When you need help managing:  Anxiety Stress Depression Relationships/family issues	When you or someone you know are:  Experiencing suicidal thoughts or behavior.  Experiencing emotional distress.  Behaving in a way that could harm
What does	issues  No extra cost.	Drug and alcohol use     Worry  No extra cost.	Drug and alcohol use     Trauma  No extra cost. Includes six sessions per issue, per	Panic attacks     Coping with illness  No extra cost. includes six sessions per issue, per	others.  No extra cost.
How do I	Call your EAP 24/7 at 800-999-7222.	Visit anthem.com/CA/EAP.	year, as part of your EAP counseling  Visit talkspace.com/ associatecare and select	year, as part of your EAP counseling visits.  Visit anthem.com/ca or anthem.com/CA/EAP to	Call or text <b>988</b> or chat with someone at
- Commode:			Get Started. Provide the requested information and enter SISC as your organization name.	find virtual care options that are right for you.	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.

Live Health Colline is offered through an arrangement with Answell, 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 Lifetine) 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.

# 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** and enter your company code: SISC

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

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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 - 终有權使用您的語言免費獲得該資訊和協助。請豫打您的 ID 卡上的成員服務號碼尋求協助。

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<sup>\*</sup> 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.

#### Find help today

Receive support when and how you need it.



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



Visit our website

Go to 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 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 and enter SISC to log in. Everything you share is confidential.

**Employee Assistance** Program

800-999-7222

anthemEAP.com

Enter SISC to log in for free, confidential help, any time,



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