

Become better at bouncing back



Everyone goes through tough times, from daily stresses to major traumatic events. Being able to cope with or recover from setbacks like these — big or small — is called “resilience.” Resilience won’t make your problems go away, but it can greatly improve your overall well-being. Fortunately, it’s a skill you can grow and practice.

Your Employee Assistance Program (EAP) is here to help. Access tools, resources, and support to learn resilience — all available at no extra cost to you. You’ll find ways to:

- Develop a more positive outlook.
- Practice self-compassion
- Focus on your strengths.
- Build your confidence.

Your EAP is here for you

Lean on these resources when you need help.



Counseling

Talk to a licensed counselor in person or online. You and your household members can each have up to four visits with a counselor per issue, per year at no extra cost.*



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.

Get the help you need, 24/7

Visit www.anthemepap/the-local-choice.

Call us at **855-223-9277**.



* 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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