

Mental health support at no extra cost

Discover the care available through your EAP



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
Counseling	Each member of your household can have 5 visits with a counselor per issue, per year.*	
Counselors in your community	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 www.anthemead.com/prism . You can also call 24/7 at 833-954-1067 .
Talkspace	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 talkspace.com/prismead and select Get Started . Complete the information and enter your organization name.
LiveHealth Online	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 www.anthemead.com/prism or call 833-954-1067 . Choose Find a Counselor and select LiveHealth Online for instructions on how to get started.
Self-paced resources		
Emotional Well-being Resources	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 www.anthemead.com/prism . Scroll down to <i>Self-paced Courses and Resources</i> and choose Emotional Well-being Resources .

If you are in crisis, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.



Find the support you need, 24/7

Visit www.anthemead.com/prism. You can also scan the QR code with your phone's camera.
Call us at **833-954-1067**.

* 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.

Online counseling is not appropriate for all kinds of matters. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org. If your issue is an emergency, call 911 or go to your nearest emergency room.

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

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