



# Lean on us

Your Employee Assistance Program (EAP) has support, resources, counseling and information 24/7 to support you. That's what we're here for.

## How to reach EAP:

800-999-7222

[AnthemEAP.com](http://AnthemEAP.com) and enter SISC to log in

We hope you'll reach out to EAP if you've been affected by a tragic or stressful event. It's hard when disaster strikes and you have to deal with the unexpected. Your EAP is here, ready to help.

Let EAP know if you or household members need help coping, including:

- Telephonic support and counseling referrals
- A library of grief, loss and coping articles
- Self-help tools

Remember, you can always turn to EAP for:

- Work/life resources
- Legal and financial resources
- Information on child and elder care

Your privacy matters. EAP services are confidential so no one will know if you contact EAP unless you give permission in writing.\*

When you need answers, let EAP give you a helping hand.

\*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.

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