



Your Employee Assistance Program website

A resource for finding support, 24/7

Your Employee Assistance Program (EAP) is here to help you and your household members meet life's challenges — big or small. The EAP website houses educational articles, podcasts, online seminars, and other resources to support your work-life balance and emotional health needs.

Our offerings include:



Money, budgeting, and identity theft protection



Legal services



Parenting tools and insight



Search for high-quality child, elder, and pet care



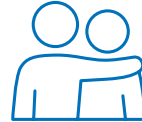
Healthy lifestyle tips



Skills to help cope with stress, anxiety, and depression



Addiction and recovery guidance



Grief and loss resources



Digital tools to support emotional health and well-being



In-person or virtual visits with a licensed counselor

EAP wants to help connect you to the right resources.

Please visit anthemEAP.com and log in by entering **Noblesville Schools**. There, you can:

- Look at this month's special features.
- Search by topic.

You can also talk to us directly by calling **800-865-1044**.



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