

Employee Assistance Program (EAP)

Your free and confidential go-to resource.



Bakersfield City School District understands we can all use an extra helping hand from time to time. Whether you need support with a personal relationship or professional challenge, or you're seeking guidance on a particular subject, the Employee Assistance Program (EAP) provides the tools you need to thrive. Through the EAP, you have access to resources, information, and counseling that are fully confidential and at no cost to you.

Program Component

Coverage Details

Number of sessions	6 face-to-face visits, per issue, per year, confidential EAP services available to you and members of your household.
How to access	Phone or face-to-face sessions
Topics may include	Mental Health Support: <ul style="list-style-type: none">• Marital, relationship or family problems• Bereavement or grief counseling• Substance abuse and recovery Community Support: <ul style="list-style-type: none">• Childcare and eldercare• Legal services and Identity theft• Financial support• Educational materials
Who can utilize	All employees, dependents of employees, and members of your household



Get in touch:

- By phone: 800.999.7222
- Online: anthem.com/CA/EAP and enter company code: **SISC**

Connect with a therapist – anytime, anywhere.

Talkspace

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.

Visit talkspace.com/associatecare and select **Get Started**. Provide the requested information and enter **SISC** as your organization's name.

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