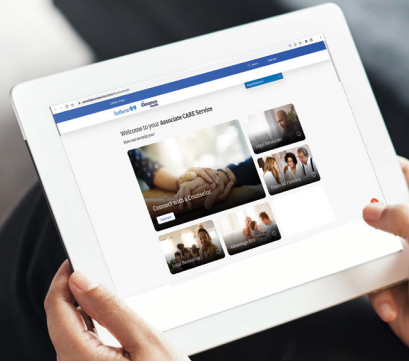




# Your Employee Assistance Program



During those moments when you feel overwhelmed, your Employee Assistance Program (EAP) is here for you with real-life tips, tools, articles, webinars, and links to helpful resources. As always, your EAP is private, confidential, and included as part of your benefits.<sup>1</sup>

## Support and advice for every step of the way



### Counseling

Connect with a mental health professional for a variety of matters, including in moments of crisis. In-person and virtual options are available. Virtual options are offered through Talkspace or LiveHealth Online.<sup>2</sup>



### Work-life resources

Find resources for career, parenting, healthy communication, and balancing work and family.



### Financial planning

Talk with a professional and find resources that can help you take charge of your finances.



### Legal resources

Access online resources and legal help in-person or by phone for each issue, each year, at no added cost.<sup>3</sup> You or eligible family members can call EAP and request a consultation for each separate issue, with a network attorney at no cost.



### Self-paced courses and resources

Emotional Well-being resources connect you to one-on-one coaching, self-help digital tools and access to articles, podcasts, and webinars for help with depression, anxiety, relationships, and alcohol use.



### Self-assessments

Take self-assessments to get personalized recommendations on the best resources for your needs.



### Connect to resources anytime

For questions or issues, you have access to your EAP 24/7. Contact your EAP by calling **855-223-9277** or visit **[anthemeap.com/the-local-choice](http://anthemeap.com/the-local-choice)**.<sup>\*</sup>

**\* When asked for your Company Name use: Commonwealth of Virginia - The Local Choice**

<sup>1</sup> In accordance with federal and state law, and professional ethical standards.

<sup>2</sup> Appointments are subject to the availability of a therapist. Online counseling is not appropriate for all kinds of issues. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call the National Suicide Prevention Lifeline 24/7 at 988, or dial 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

<sup>3</sup> Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly. If you have Anthem health coverage, your cost for a visit may be similar to what you would pay for an office therapy visit, depending on your benefits, copay, or percentage of the cost. If you're not covered by an Anthem plan, you'll be responsible for paying the full cost for a visit.

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, the National Suicide Prevention Lifeline, and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

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.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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# Dealing with disaster



No matter what causes them, disasters can have a devastating impact on people's lives. If you've witnessed or been affected by a disaster, it's normal to feel many strong emotions, from stress and fear to grief or anger.

Finding ways to cope with these feelings is an important part of moving forward. Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no extra cost to you — you'll find ways to:

- Process trauma and support someone else who's experienced trauma.
- Understand and work through different emotions.
- Cope with disaster anniversaries.
- Search for housing and relocation options.

## 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 each have a set number of visits 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.

### Get the help you need, 24/7

Visit  
[www.anthemead.com/the-local-choice](http://www.anthemead.com/the-local-choice)  
or call 855-223-9277



Source: Mental Health America: *Coping with Disaster* (accessed March 2024); [mhanational.org](http://mhanational.org).

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# Cómo enfrentar una catástrofe



Más allá de lo que sea que la provoque, una catástrofe puede tener un efecto devastador en la vida de muchas personas. Si has sido testigo o has sido víctima de una catástrofe, es normal que sientas un abanico de emociones fuertes, desde estrés y temor hasta ira y aflicción.

Hallar maneras de lidiar con estos sentimientos es una importante manera de salir adelante. El Programa de Asistencia a los Empleados (EAP) está aquí para ayudarte. Con el acceso a herramientas, recursos y apoyo (todo ello sin cargo para ti), encontrarás maneras de:

- Procesar el trauma y acompañar a otra persona que lo haya sufrido.
- Lidar con los aniversarios de la catástrofe.
- Comprender y explorar las diferentes emociones.
- Buscar una vivienda y opciones de reubicación.

## Tu EAP está a tu disposición

Puedes contar con estos recursos cuando necesites ayuda.



### Consejería

Habla con un consejero certificado, en persona o en línea. Tú y los miembros de tu hogar tienen una cantidad definida de consultas por problema y por año, sin costo adicional, para cada uno.\*



### Materiales de aprendizaje a tu propio ritmo

Explora artículos educativos, podcasts y videos cortos sobre una gran variedad de temas de bienestar emocional.

**Obtén la ayuda que necesitas las 24 horas, los 7 días de la semana**

Visita

[www.anthemeap.com/the-local-choice](http://www.anthemeap.com/the-local-choice)

855-223-9277



Fuente: Mental Health America. *Coping with Disaster* (consultado en marzo de 2024); mhanational.org.

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Además de usar un servicio de teleasistencia, puedes recibir atención virtual o en persona de tu propio médico o de otro proveedor de cuidado médico de la red de tu plan. Si recibes cuidado de un médico o proveedor de cuidado médico que no esté en la red de tu plan, tu parte del costo puede ser más elevada. También es posible que recibas una factura por cualquier cargo no cubierto por tu plan médico.

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# Add to your parenting toolbox



Parenting can be a rewarding yet difficult job. You're teaching your kids left from right and right from wrong and talking to their teachers and doctors to make sure they're on track. With the responsibility that comes with raising a child, it may feel like you need to have all the answers. But you don't have to figure everything out alone.

Your Employee Assistance Program (EAP) is here for you and your family, offering tools, resources, and support at no extra cost, to help you:

- Find child care.
- Address issues like mental health, bullying, behavior troubles, smoking, or drinking.
- Connect with adoption resources.
- Understand a child's developmental stages.

## 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 each have a set number of visits 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.

### Get the help you need, 24/7

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# Más herramientas para la crianza de tus hijos



La crianza puede ser una experiencia gratificante y difícil al mismo tiempo. Les enseñas a tus hijos a distinguir la izquierda de la derecha y lo que es correcto de lo incorrecto, y hablas con sus maestros y médicos para acompañar su crecimiento. Con la responsabilidad que acarrea criar hijos, es posible que se sienta la necesidad de tener la respuesta para todas las preguntas. Pero no es necesario que todo lo transites en soledad.

Tu Programa de Asistencia a los Empleados (EAP) está a disposición para ti y para tu familia, ofreciéndoles herramientas, recursos y apoyo sin costo adicional, con el fin de ayudarte con lo siguiente:

- Encontrar un lugar para el cuidado de niños.
- Conectar con recursos para adopción.
- Abordar cuestiones como la salud mental, el hostigamiento, los problemas conductuales, el uso de tabaco y alcohol.
- Comprender las etapas de crecimiento infantil.

## Tu EAP está a tu disposición

Cuenta con estos recursos cuando necesites ayuda.



### Consejería

Habla con un consejero certificado, en persona o en línea. Tú y los miembros de tu hogar pueden acceder a una cantidad definida de consultas por problema, por año, para cada uno, sin costos adicionales.\*



### Materiales de aprendizaje a tu propio ritmo

Explora artículos educativos, podcasts y videos cortos sobre una gran variedad de temas de bienestar emocional.

**Obtén la ayuda que necesitas las 24 horas, los 7 días de la semana**

Visita  
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855-223-9277



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Además de usar un servicio de tele salud, puedes recibir atención virtual o en persona de tu propio médico o de otro proveedor de cuidados médicos de la red de tu plan. Si recibes cuidado de un médico o proveedor de cuidados médico que no esté en la red de tu plan, tu parte del costo puede ser más elevada. También es posible que recibas una factura por cualquier cargo no cubierto por tu plan médico.

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# Suicide awareness



Suicide doesn't discriminate. It can affect people from any walk of life — no matter their race, age, gender, or income. But there are real, effective ways to help prevent it, and we all have a role to play. That's why it's vital to know the warning signs. It might help you save a life. Warning signs of suicide may include:

- Differences in exercise, eating, or sleep habits.
- Increases in alcohol or drug use.
- Talk of feeling hopeless, trapped, or in pain.
- Withdrawing from family and friends.

If you or a loved one is struggling, your Employee Assistance Program (EAP) can help with access to tools, resources, and mental health support — at no extra cost. If it's an emergency, call **988** to reach the National Suicide Prevention Hotline or go to your nearest emergency room.

## 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 each have a set number of visits 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.

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Source: National Institutes of Mental Health, *Suicide Prevention* (August 2023); nimh.nih.gov.

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# Entendamos el suicidio



El suicidio no discrimina. Puede afectar a personas de cualquier condición social, sin importar su raza, edad, género o ingresos. Pero existen formas reales y efectivas de ayudar a prevenirlo, y todos tenemos un papel que desempeñar. Es por eso que es fundamental saber identificar las señales de advertencia, ya que podría ayudarte a salvar una vida. Las señales de advertencia del suicidio pueden incluir las siguientes:

- Diferencias en los hábitos alimentarios, de sueño o de ejercicio.
- Planteos sobre sentirse desesperanzado, atrapado o dolorido.
- Intensificación del consumo de alcohol o drogas.
- Alejarse de familiares y amigos.

Si tú o un ser querido tienen dificultades, tu Programa de Asistencia a los Empleados (EAP) puede ayudarte a acceder a herramientas, recursos y apoyo para la salud mental, sin costos adicionales. Si se trata de una emergencia, llama al **988** para comunicarte con la Línea Directa Nacional de Prevención del Suicidio o acude a la sala de emergencia más cercana.

## Tu EAP está a tu disposición

Puedes contar con estos recursos cuando necesites ayuda.



### Consejería

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# Caring for the caregivers



Taking care of a sick or disabled parent, adult child, spouse, or other loved one is a responsibility many take on without thinking twice. And while it can be rewarding to care for someone you love, it can also be physically, emotionally, and mentally demanding. As a caregiver, it's important to make your own well-being a priority so you can prevent unnecessary stress and avoid burnout.

Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no extra cost — it can help you:

- Find local support services.
- Learn ways to take care of your overall health and manage your stress.
- Address financial and legal concerns.

## 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 a set number of visits with a counselor per issue, per plan year at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.

## Get the help you need, 24/7

Visit

**[www.anthemeap.com/the-local-choice](http://www.anthemeap.com/the-local-choice)**

Or call

**855-223-9277**



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# Cuidar a los cuidadores



El cuidado de un padre enfermo o discapacitado, un hijo adulto, un cónyuge u otro ser querido es una responsabilidad que muchos asumen sin pensarlo dos veces. Si bien cuidar a un ser querido puede ser gratificante, también puede resultar agotador a nivel físico, emocional y mental. Como cuidador, es importante que priorices tu bienestar para prevenir el estrés innecesario y evitar el agotamiento.

El Programa de Asistencia al Empleado (EAP) está a tu entera disposición. Con las herramientas, recursos y apoyo que te brinda (sin costo adicional), puede ayudarte a hacer lo siguiente:

- Encontrar servicios de apoyo locales.
- Aprender a cuidar tu salud en general y manejar el estrés.
- Abordar las preocupaciones financieras y legales.

## Tu EAP está disponible para ti

Recurre a estos recursos cuando necesites ayuda.



### Consejería

Habla con un consejero certificado, en persona o en línea. Tú y los miembros de tu hogar tienen hasta cuatro visitas con un consejero por problema, por año, sin costo adicional.\*



### Materiales de aprendizaje a tu propio ritmo

Explora artículos educativos cortos, podcasts y videos sobre diversos temas de bienestar emocional.



### Recursos para el bienestar emocional

Accede a sesiones de asesoramiento individual y a herramientas digitales de autoayuda para fortalecer tu responsabilidad sobre tu bienestar emocional.

**Obtén la ayuda que necesitas, las 24 horas, los 7 días de la semana.**

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Llámanos al **8552239277**.



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# Keep your holiday stress at bay



The holidays can be a joyous, happy time, but that doesn't mean they're stress free. Between the many demands and hustle and bustle, it's easy to get overwhelmed.

Learn to keep holiday stress at bay with help from your Employee Assistance Program (EAP). Access tools, resources, and support — all available to you at no extra cost. You'll learn ways to:

- Balance work and family commitments.
- Address the root causes of stress and anxiety.
- Stay healthy during the holidays.

## 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 plan 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

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



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# Controla el estrés que producen las fiestas



Las fiestas pueden ser una época alegre y feliz, pero eso no significa que no causen estrés. Entre las muchas exigencias y la vorágine, es fácil sentirse abrumado.

Aprende a controlar el estrés por las fiestas con la ayuda de tu Programa de Asistencia al Empleado (EAP). Accede a herramientas, recursos y apoyo, todo a tu disposición sin costo adicional. Aprenderás formas de:

- Equilibrar los compromisos laborales y familiares.
- Abordar las causas que originan el estrés y la ansiedad.
- Mantenerse sano durante las fiestas.

## Tu EAP está disponible para ti

Recurre a estos recursos cuando necesites ayuda.



### Consejería

Habla con un consejero certificado, en persona o en línea. Tú y los miembros de tu hogar tienen hasta cuatro visitas con un consejero por problema, por año, sin costo adicional.\*



### Materiales de aprendizaje a tu propio ritmo

Explora artículos educativos cortos, podcasts y videos sobre diversos temas de bienestar emocional.



### Recursos para el bienestar emocional

Accede a sesiones de asesoramiento individual y a herramientas digitales de autoayuda para fortalecer tu responsabilidad sobre tu bienestar emocional.

**Obtén la ayuda que necesitas, las 24 horas, los 7 días de la semana.**

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Además de usar el servicio de tele salud, puedes recibir atención virtual o en persona de tu propio médico o de otro proveedor de cuidado médico de la red de tu plan. Si recibes atención de un médico o proveedor de cuidado médico que no esté en la red de tu plan, tu parte del costo puede ser más elevada. Es posible que recibas una factura por cualquier cargo no cubierto por tu plan médico.

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# 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

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### Emotional Well-being Resources

Access one-on-one coaching and digital self-help tools to help you take charge of your emotional wellness.

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# Mejora tus capacidades para recuperarte



Todo el mundo pasa por momentos difíciles, desde el estrés del día a día hasta sucesos traumáticos importantes. Ser capaz de afrontar o recuperarse de contratiempos como estos, grandes o pequeños, se llama “resiliencia”. La resiliencia no hará que desaparezcan tus problemas, pero puede mejorar mucho tu bienestar general. Por suerte, es una habilidad que puedes desarrollar y practicar.

El Programa de Asistencia al Empleado (EAP) está a tu entera disposición. Accede a herramientas, recursos y apoyo para aprender a ser resiliente, todo disponible sin costo adicional para ti. Encontrarás formas de realizar lo siguiente:

- Desarrollar una actitud más positiva.
- Practicar la autocompasión.
- Concentrarte en tus puntos fuertes.
- Desarrollar tu autoestima.

## Tu EAP está disponible para ti

Recurre a estos recursos cuando necesites ayuda.



### Consejería

Habla con un consejero certificado, en persona o en línea. Tú y los miembros de tu hogar tienen hasta cuatro visitas con un consejero por problema, por año, sin costo adicional.\*



### Materiales de aprendizaje a tu propio ritmo

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### Recursos para el bienestar emocional

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# Recovery is within reach



Substance use can take a toll on every area of life — from your work and relationships to your physical and mental health. Overcoming it isn't easy, but you don't have to go through it alone.

Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no cost to you — you'll find ways to:

- Learn the signs and causes of substance use disorder.
- Understand how substance use can affect others.
- Explore treatment options.
- Find local services and support groups.
- Access 24/7 phone support.

## Support you can count on

These EAP resources can help you understand substance use, find support, and take positive steps toward recovery.



### Counseling

You and your family can talk to a licensed counselor in person or online at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



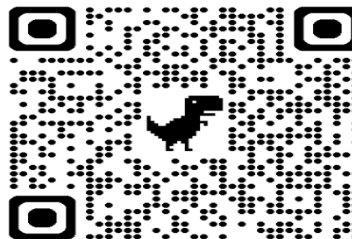
## Your EAP is here for you

Get the help you need  
anytime 24/7

**855-223-9277**

Go to **[anthem.com/eap](https://anthem.com/eap)**  
and log in with your  
company code

**The Local Choice**



\* 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.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

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# Recuperarte es posible



El abuso de sustancias puede afectar todos los ámbitos de la vida, desde el trabajo y las relaciones hasta la salud física y mental. Superar el abuso de sustancias no es fácil, pero no es necesario que lo hagas solo.

El Programa de Asistencia a los Empleados (EAP) está aquí para ayudarte. Con acceso a herramientas, recursos y apoyo, todo disponible sin costo para ti, encontrarás maneras de hacer lo siguiente:

- Conocer los signos y las causas del trastorno por abuso de sustancias.
- Entender cómo el abuso de sustancias puede afectar a otras personas.
- Explorar las opciones de tratamiento.
- Encontrar grupos de apoyo y servicios en tu localidad.
- Acceder a atención telefónica durante las 24 horas, los 7 días de la semana.

## Apoyo en el que puedes confiar

Estos recursos del EAP pueden ayudarte a entender el abuso de sustancias, encontrar apoyo y tomar medidas positivas para recuperarte.



### Consejería

Tú y tu familia pueden hablar con un consejero certificado en persona o en línea sin costo adicional.\*



### Materiales de aprendizaje a tu propio ritmo

Explora artículos educativos, podcasts y videos cortos sobre una gran variedad de temas de bienestar emocional.



## Tu EAP está a tu disposición

Obtén la ayuda que necesitas en cualquier momento durante las 24 horas, los 7 días de la semana.

Visita **[anthem.com/eap](https://anthem.com/eap)** e inicia sesión con el código de tu empresa.

\*Las citas están sujetas a la disponibilidad del terapeuta. La consejería en línea no es adecuada para todos los tipos de problemas. Si estás atravesando una crisis o tienes pensamientos suicidas, es importante que busques ayuda de inmediato. Llama a la Línea Nacional de Prevención del Suicidio al 988 y solicita ayuda. En caso de emergencia, llama al 911 o dirígete a la sala de emergencias más cercana.

Además de usar un servicio de telemedicina, puedes recibir atención virtual o en persona de tu propio médico o de otro proveedor de cuidados médicos de la red de tu plan. Si recibes cuidado de un médico o proveedor de cuidados médicos que no esté en la red de tu plan, tu parte del costo puede ser más elevada. También es posible que recibas una factura por cualquier cargo no cubierto por tu plan médico.

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# Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere

With **Emotional Well-being Resources**, you have access to support that can help you and your household live your happiest, healthiest lives.

You'll learn effective ways to identify thoughts and behavior patterns and how to manage:

- Anxiety
- Depression
- Sleep issues
- Panic
- Social anxiety
- Stress
- Drug and alcohol use
- Worry

## A proven system to support you every step of the way

Built on Cognitive Behavioral Therapy (CBT), these resources can help you change behaviors that aren't serving you.



### Access personalized, one-on-one coaching.

Team up with an experienced coach for support and encouragement over email, text, or phone.



### Build a support team.

Add friends or family as "Teammates" to help you stay motivated while you work through programs.



### Practice mindfulness on the go.

Get weekly text messages with positivity, quick tips, and exercises that can help improve your mood.



### Attend live and on-demand webinars.

Learn how to improve your mental well-being with useful tips and advice from experts.

## Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access Emotional Well-being Resources:

- Visit **[anthem.com/EAP](https://www.anthem.com/EAP)** and enter the company code The Local Choice to log in.
- Call **855-223-9277** to learn more.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

EAP products are offered by Anthem Insurance Companies, Inc.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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# Recursos para el bienestar emocional

Herramientas digitales de autoayuda para respaldarte en cualquier momento y en cualquier lugar

Con los **Recursos para el bienestar emocional**, tienes acceso al apoyo que puede ayudarte para que tú y los miembros de tu hogar vivan una vida más feliz y saludable.

Aprenderás maneras efectivas de identificar pensamientos y patrones de comportamiento, y a cómo manejar lo siguiente:

- Ansiedad
- Problemas para dormir
- Ansiedad social
- Abuso de alcohol y drogas
- Depresión
- Pánico
- Estrés
- Preocupación

## Un sistema comprobado para brindarte apoyo en todo momento

Estos recursos, desarrollados a partir de la terapia cognitivo-conductual (CBT), pueden ayudarte a modificar conductas que ya no te son útiles.



### Accede a asesoramiento individual y personalizado

Asóciate con un asesor con experiencia que podrá brindarte apoyo y motivación por correo electrónico, mensajes de texto o por teléfono.



### Crea un equipo de apoyo:

Añade a amigos y familiares como “Compañeros de equipo”, para que te ayuden a mantener la motivación y atravesar los problemas.



### Practica la concentración activa en cualquier momento.

Recibe mensajes de texto semanales con notas superadoras, recomendaciones rápidas y ejercicios que pueden ayudarte a mejorar tu humor.



### Asiste a seminarios web en vivo y a demanda.

Obtén información sobre cómo mejorar tu bienestar mental con consejos útiles de expertos.

## Change your mind. Change your life.™

Realiza una prueba rápida para descubrir cuál es el programa más adecuado para ti. Para acceder a los Recursos para el bienestar emocional:

- Visita [anthem.com/EAP](https://www.anthem.com/EAP) e ingresa el código de compañía The Local Choice para iniciar sesión.
- Llama al **855-223-9277** para obtener más información.



Learn to Live, Inc. es una compañía independiente que brinda herramientas y programas en línea para apoyar la salud conductual. Learn to Live es un programa educativo y no debe considerarse un tratamiento médico.

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# May is Mental Health Month

## Prioritize your emotional wellbeing



Taking care of your mental health is a powerful step toward a healthier, happier you. Even small steps can make a difference in how you feel and cope each day.

This May, take a moment to check in with yourself. Notice how you're really feeling, make changes that feel right for you, and reach out for support if you need it.

Below are a few simple steps you can take to find better balance—and connect to the right support when the time is right.



### Practice Self-Compassion

Be kind to yourself  
and embrace  
imperfection.



### Stay Connected

Reach out and build  
strong, supportive  
relationships.



### Move your Mood

Physical activity  
boosts your  
emotional health.



### Rest and Recharge

Quality sleep is  
essential for a  
balanced mind.

**You are not alone.  
Help and support are always available.**

#### Talk it out

Call your Employee  
Assistance Program (EAP)  
for no cost confidential  
support.  
855-223-9277

#### Find a provider

Explore mental health  
providers on  
[anthemeap.com/](http://anthemeap.com/)  
TheLocalChoice or call  
855-223-9277

#### In Crisis?

Call or text 988 for free,  
confidential support 24/7.



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# Mayo es el Mes de la Salud Mental



## Prioriza tu bienestar emocional

Cuidar de tu salud mental es un paso poderoso hacia una vida más saludable y feliz. Incluso pequeños cambios pueden marcar una gran diferencia en cómo te sientes y afrontas cada día.

Este mes de mayo, tómate un momento para reflexionar sobre cómo te sientes realmente. Observa tus emociones, haz cambios que te parezcan adecuados y busca apoyo si lo necesitas.

A continuación, algunos pasos sencillos que puedes tomar para encontrar un mejor equilibrio y conectarte con el apoyo adecuado en el momento oportuno:



### **Practica la autocompasión**

Sé amable contigo mismo y acepta la imperfección.



### **Mantente conectado**

Acércate a los demás y construye relaciones sólidas y de apoyo.



### **Activa tu estado de ánimo**

La actividad física mejora tu salud emocional.



### **Descansa y recupérate**

Dormir bien es esencial para una mente equilibrada.

**No estás solo.**  
**La ayuda y el apoyo siempre están disponibles.**

#### **Habla con alguien**

Llama a tu Programa de Asistencia al Empleado (EAP) para recibir apoyo confidencial sin costo.

#### **Encuentra un proveedor**

Explora proveedores de salud mental en [anthemeap.com/ca](http://anthemeap.com/ca) o llama al número gratuito de tu EAP.

#### **¿En crisis?**

Llama o envía un mensaje de texto al 988 para recibir apoyo gratuito y confidencial las 24 horas, los 7 días de la semana.



Anthem



## Helping a loved one who's thinking of suicide

If someone you know is considering suicide, there are things you can do to help prevent it. Intervention is not easy, but having the strong support of family and friends could change the mind of a person on the brink of suicide.



### Understanding the situation

Typically, people who think of suicide are exhausted, in pain — physical, emotional, and mental — and have lost hope things could change for the better. Many believe no one will help them, and they're overwhelmed with negative thoughts. Most people who try to take their own life do not want to die, just end their pain and depression. Suicide may also be an impulsive choice while under the influence of drugs or alcohol.

Visit our website or call for our team of EAP experts.

855-223-9277

Website: [anthemeap.com/The Local Choice](https://www.anthem.com/the-local-choice)



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<https://www.anthem.com/the-local-choice>





## How you can help

Tell your friend or family member you care and want to assist them in finding help. Take the threat of suicide seriously. Here are suggestions on how you can intervene:

- Encourage them to talk openly.
- Accept them and listen without judgment.
- Don't ask too many questions or analyze the situation.
- Validate their experience.
- Stress that the situation is not a cause for shame.
- Do not offer advice on specific problems.
- Be positive, even if they say there's nothing you can do.
- Offer to enlist support from others.
- Point out places where they can find help and offer to go with them.
- Buy time and stay calm.



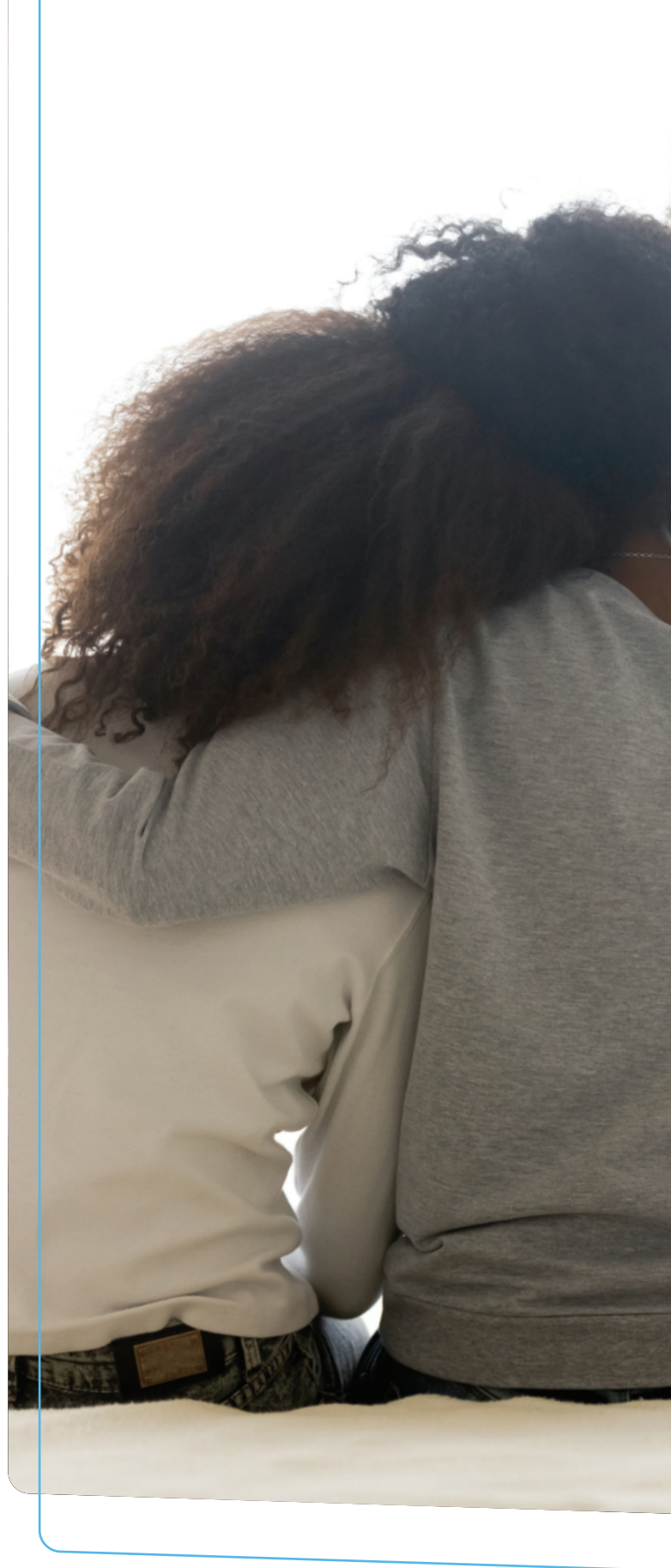
## Choose your words with care

Whatever you do, do not say:

- You will get over it.
- It is not as bad as you think. Here is what you should do.
- How could you do something like this?
- Do you know how much this will hurt your family?

If suicide is an immediate threat, call a doctor or suicide line, or take the person to an ER — or do all three. Most of all, do not give up trying. Be prepared to stay with the person at risk or stay in touch with them until the threat of suicide has passed. Be part of their support system and help them find hope and a reason to live.

If you or anyone you know is in crisis and need help immediately, call **988** any time. This is a 24/7 suicide prevention lifeline available to anyone for free. All calls are confidential.



Source:  
Beacon Health Options website: *Suicide Prevention* (accessed March 2021); [achievesolutions.net](https://www.achievesolutions.net).

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