





Choosing the best EAP support for your mental health

	 Description	 When to use	 Visits/costs	 How to connect
Face-to-face counseling	Connect with a licensed professional counselor for confidential in-person sessions.	Help handling: <ul style="list-style-type: none"> ○ Depression ○ Stress ○ Anxiety ○ Chronic pain ○ Substance Abuse ○ Emotional health issues 	4 sessions for each unique presenting issue. No cost.	Call the EAP line 24/7 at (800) 346-5484.
LiveHealth Online (LHO) - EAP	Connect to a licensed therapist through video using your smartphone, tablet, or computer with a camera.	Help handling: <ul style="list-style-type: none"> ○ Depression ○ Stress ○ Anxiety ○ Chronic pain ○ Substance Abuse ○ Emotional health issues 	4 sessions for each unique presenting issue. No cost. *Once LHO EAP visits are exhausted can use LHO Psychology – cost is subject to Behavioral Health benefit via medical, or \$80 for therapist, \$95 for psychologist	Call the EAP line 24/7 at (800) 346-5484. A representative will provide you with a coupon code and instructions on how to access sessions.
Talkspace	Engage in counseling from the convenience of your device. Messages and live sessions through text, voice, or video.	Help handling: <ul style="list-style-type: none"> ○ Depression ○ Stress/Anxiety ○ Chronic Pain ○ Substance Abuse ○ Emotional health issues 	4 sessions for each unique presenting issue. No cost.	Call the EAP at (800) 346-5484 OR visit talkspace.com/associate care & register.
Learn to Live (Emotional well-being resources)	Receive support to help you live your happiest, healthiest life with digital tools to help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them.	Learn ways to manage: <ul style="list-style-type: none"> ○ Stress ○ Depression ○ Anxiety ○ Substance use ○ Sleep issues 	Unlimited access. No cost. May be used in conjunction with one of the above options.	Visit anthemeap.com and enter VBA then select Learn to Live.

