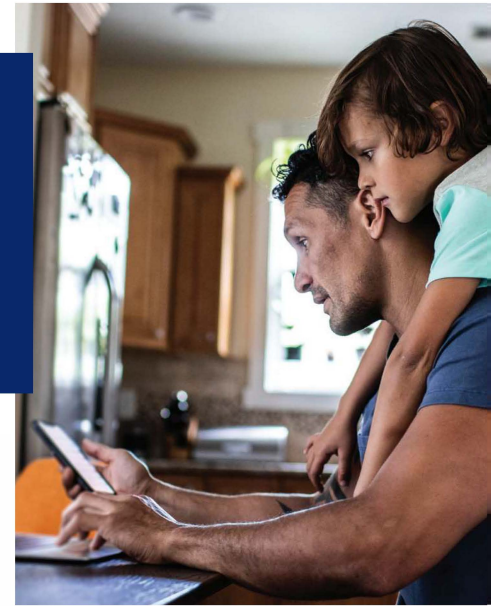


Mental health support at no extra cost

Learn about the care options available with your EAP



If you or a loved one need support for coping with life, reducing stress, or living with a mental health issue, you are not alone. Your Employee Assistance Program (EAP) offers work and life support at no extra cost. Each member of your household can have three visits with an EAP counselor per issue, per year. Asking for help can be the hardest part. The information below details the resources available to you, including how to reach out when you're ready.

	Face to Face Counseling	Emotional Well-being Resources	Talkspace	LiveHealth Online	Suicide and Crisis Lifeline
What is it?	Confidential in-person sessions with a licensed professional counselor per issue per household member, per 12-month period.	Resources and support to help you live your happiest, healthiest life, including self-help digital tools to help improve your emotional well-being.	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.	24/7 confidential counseling through scheduled visits over live text message, telephone, or video.	24/7 confidential mental health support, including prevention and crisis resources, for anyone in distress.
When do I use it?	When you need help managing: <ul style="list-style-type: none"> Depression Stress Anxiety Chronic pain Drug and alcohol use Emotional health issues 	When you need help managing: <ul style="list-style-type: none"> Anxiety Depression Sleep issues Panic Social anxiety Stress Drug and alcohol use Worry 	When you need help managing: <ul style="list-style-type: none"> Anxiety Depression Grief Relationships Sleep Stress Drug and alcohol use Trauma 	When you need help managing: <ul style="list-style-type: none"> Anxiety Stress Depression Grief Relationships/family issues Panic attacks Coping with illness 	When you or someone you know are: <ul style="list-style-type: none"> Experiencing suicidal thoughts or behavior. Experiencing emotional distress. Behaving in a way that could harm others.
What does it cost?	No extra cost.	No extra cost.	No extra cost. Includes three sessions per issue, per year, as part of your EAP counseling	No extra cost. Includes three sessions per issue, per year, as part of your EAP counseling visits.	No extra cost.
How do I connect?	Call your EAP 24/7 at 800-865-1044 .	Visit antheameap.com/SPARC You can also use the Sydney SM Health mobile app.	Visit talkspace.com/associatecare and select Get Started. Provide the requested information and enter SPARC as your organization name.	Call your EAP at 800-865-1044 and request a coupon code to receive your three no cost visits.	Call or text 988 or chat with someone at 988lifeline.org, 24/7 .

Take care of yourself

Your mental and emotional well-being matter just as much as anything else on your to-do list. Don't hesitate to reach out to any of the resources above when you need support. You can also call your EAP at **800-865-1044** or visit **antheameap.com/SPARC**.

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

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

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. Talkspace does not offer emergency services.

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