

How to reach us

Help that goes where you do. Keep us handy:



Employee Assistance Program (EAP)

800-999-7222



Website

anthemEAP.com

Enter Total Education Solutions to log in.



Free, confidential help

24 hours a day, 7 days a week



You can also find us here:

@AnthemEAP on Twitter

The Wellpost Blog@anthemEAP.com



myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter Total Education Solutions



Your privacy matters. No one will know you've contacted EAP unless you give permission in writing.* Let us give you a helping hand. Just call 800-999-7222 or go to anthemEAP.com and enter Total Education Solutions to log in.

Welcome to your EAP

We are here when you need us



What's your Employee Assistance Program (EAP)?

We're the folks who can help you meet life's challenges. Call 800-999-7222 or visit anthemEAP.com and enter Total Education Solutions to log in. Everything you share is confidential and will stay between you and us.*



Employee Assistance Program

800-999-7222

anthemEAP.com

Enter Total Education Solutions to log in. Free, confidential help 24 hours a day, 7 days a week.



* In accordance with federal and state law, and professional ethical standards.

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。

請撥打您的 ID 卡上的成員服務號碼尋求協助。

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We're here for your everyday problems and questions, big or small.

Take a deep breath. New to town and looking for child, elder or pet care? We can help with that and ...



Finding work-life balance.



Parenting a child with special needs.



Dealing with addiction and recovery.



Setting retirement goals.



Getting mental health resources and information.



Just about anything else life throws at you.

What our clients say



"Every single person that I have spoken to with our EAP has been so very nice and supportive! You have a great staff of caring individuals."

"This is a priceless benefit. I am so thankful to have access to EAP. It means a lot to me and my family."

"It is very helpful to be able to obtain assistance to get over life's bumps now and then. Much appreciated."

"Good to know there are resources out there for everyone who needs assistance and this really helps – just wonderful!"

"I am so glad my employer has this program and I'm able to use it. It is a lifesaver for my family, which does help me perform better at work."

Talk to us by phone, in-person or online. You can:



Use our toll-free number to speak with an EAP professional.



Meet with a professional face to face.



Have up to 4 free counseling visits per issue.



Ask us about online visits with LiveHealth Online.

Get to know your EAP better at anthemEAP.com



myStrength – the health club for your mind™

This free online and mobile tool offers unlimited access to resources for stress, anxiety, depression, substance use and sleep.



Contact us 24/7.

Simply call 800-999-7222 or visit anthemEAP.com to be connected right away – at no cost to you.

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