



# Emotional support is available

## Your Employee Assistance Program is here for you

Recent events in communities across the country have had an impact on so many. As you and your loved ones experience the effects of what's happening, it is important to take the time to care for your mental and emotional well-being. When you take care of yourself first, you will be in a better position to help those you care about and your communities. Your Employee Assistance Program (EAP) can help.

Your EAP has always been available to offer support and resources when you need them most. Whether you are looking for immediate emotional support or would like to connect to helpful resources, we are here for you with confidential services.

### Your EAP includes:



Telephone support and counseling services



Updates and important resource information on the EAP website



An online library with articles on grief, anxiety, stress, and other topics



Self-care tools

The health and well-being of you and the communities we serve remain a top priority, especially now. Please consider leaning on your EAP for support.

### Reach out to your EAP today

 Call us at **800-346-5484**.

 Visit [anthemEAP.com](https://www.anthemEAP.com) and enter Accomack County to log in.



EAP services are confidential. No one will know you've contacted your EAP unless you give your permission in writing.

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