

# Connect with a therapist – ANYTIME, ANYWHERE

Anthem Employee Assistance Program (EAP) is offering Talkspace, a FREE service that provides confidential counseling by text, audio, or video.



## Talkspace is FREE and available for ALL employees and household members

- Employees and household members are eligible for up to **6 FREE counseling sessions per situation** (example; loss of a loved one, relationship breakup, etc)
- Dedicated, Licensed providers offer one-on-one counseling and therapy for individuals aged 13 and up.
- Clinical network includes thousands of licensed counselors who specialize in topics like stress, anxiety, depression, eating disorders, substance abuse, sleep, identity struggles, chronic issues, trauma & grief, relationships, healthy living and more.
- Services are delivered predominately in English but the Talkspace network covers 32 different languages.
- Self-guided exercises such as journaling and meditation are available to supplement counseling.

## Sign up for Talkspace today

- Register at [talkspace.com/associatecare](https://talkspace.com/associatecare) or scan the QR code
- Click on Get Started
- Enter the letters EAP, a space, and SISC in the “Organization name” field
- Complete the QuickMatch provider finder questions
- Await your provider match, then send a message or schedule a virtual session.



Session Types	1 Session Credit includes
Messaging Session	Write at your own pace, receive responses daily, <b>5 days per week</b>
Live Video	Connect face-to-face via video
Live Audio	Speak through voice only
Live Chat	Chat in real time, receive instant responses

Employees and household members can get confidential support through Anthem EAP. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to [anthemEAP.com](https://anthemEAP.com) or scan the QR Code and enter SISC.



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 the nearest emergency room. Talkspace does not offer emergency services.