

Find help today

Receive support when and how you need it.



Call us

Reach us at **800-999-7222**
24/7 for free, confidential help



Visit our website

Go to **anthemEAP.com** and enter
Long Beach City College to log in



Your privacy matters. If you contact EAP, no one will know, unless you give permission in writing.* Let us give you a helping hand. Please call **800-999-7222** or go to **anthemEAP.com** and enter **Long Beach City College** to log in.

Here for you, 24/7

Let EAP help



What is an Employee Assistance Program (EAP)?

It's a no-cost employee program to help you meet life's challenges. Call **800-999-7222** or visit **anthemEAP.com** and enter **Long Beach City College** to log in. Everything you share is confidential.

Employee Assistance Program

800-999-7222

anthemEAP.com

Enter **Long Beach City College** to log in for free, confidential help, any time, day or night



* 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.

The EAP can help you:

-  Find child, elder, or pet care.
-  Work on achieving work-life balance.
-  Parent a child with special needs.
-  Deal with addiction and recovery.
-  Set retirement goals.
-  Find mental health resources and information.
-  Address financial or legal issues.

Mark's Story



When you need some guidance, one on one – that's how EAP can help. For example, Mark* called us during a difficult financial time:

Mark contacted EAP when he found himself unable to keep his home and struggling to find a new place to live. He was feeling a lot of stress and anxiety about the future. The EAP representative who spoke to Mark explained the different types of services available to him, including counseling, financial consultation, and help with his housing search. The representative also referred Mark to local counselors who specialized in his areas of need and directed him to emotional health resources on the EAP website.

*Mark is not their actual name. It was changed to respect and protect privacy and identity.

Connect with 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 6 free counseling visits per issue per year.
-  Ask us about online visits with LiveHealth Online.

Learn more about how EAP can help you at [anthemEAP.com](https://www.anthemEAP.com).



Emotional Well-being Resources

These no-cost digital tools can teach you how to manage stress, anxiety, depression, substance use, and sleep issues.



Contact us 24/7.

The EAP is here to make sure you and your household members have the support you need for emotional well-being.

Simply call 800-999-7222 or visit [anthemEAP.com](https://www.anthemEAP.com) to find help right away – at no cost to you.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitation and exclusions.