

How to reach us

Help that goes where you do. Keep us handy:



Employee Assistance Program (EAP)

800-999-7222



Website

anthemEAP.com

Enter Long Beach City College to log in.



Free, confidential help

24 hours a day, 7 days a week



myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter Long Beach City College



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800-999-7222

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Enter Long Beach City College

to log in. Free, confidential help

24 hours a day, 7 days a week.



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 Long Beach City College to log in.



* 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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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 Long Beach City College to log in. Everything you share is confidential and will stay between you and us.*



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.

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 6 free counseling visits per issue per year.



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.



Mary's Story



When you need someone to hear you, one on one — that's what EAP's about. Take the case of "Mary," who called us during a difficult time:

"When Mary first reached out to EAP she was unsure of the kind of support she would receive. She was struggling with anxiety and was feeling overwhelmed with recent changes in her life. She connected with an EAP professional who listened to her concerns, provided her with online tools and gave her tips for managing her feelings in a healthy way. Mary's experience with EAP was "powerful and helpful" and allowed her "to feel stronger each day because of the resources provided."

Contact us 24/7.

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

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