

# Drug, alcohol or opioid problem? Help is here 24/7.

**Not sure what to do? You don't have to figure things out by yourself. That's why we're here. Just reach out. There's no cost to you and it stays confidential.\***

Through your Employee Assistance Program (EAP), you or your household members can get:

- Information and resources on where to go for help.
- Legal or financial consultation and family care resources.
- A full library of support materials at [anthemEAP.com](http://anthemEAP.com).
- 6 no-cost face-to-face counseling visits.
- Two-way video chat with a LiveHealth Online licensed therapist by appointment.
- Access to myStrength — an online resource to help support emotional well-being.

**To reach EAP for help:**

**Call 800-999-7222 or**

**go to [anthemEAP.com](http://anthemEAP.com) and**

**enter [SJECCD](#) to log in.**

**Need treatment options for yourself or support for a loved one? Your EAP can help. Lean on us.**

## **Counseling**

Your EAP makes it easy to get counseling if you or your household members need it. Simply call 800-999-7222 to get started.

## **myStrength tools\***

You and your household members can use this online tool and mobile app to find support and a drug and alcohol e-learning module to help with substance issues. Go to [anthemEAP.com](http://anthemEAP.com) and enter [SJECCD](#) to log in. Choose **myStrength Center** to register.

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

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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