



Help break *the cycle of addiction*

Find out how from your Employee Assistance Program (EAP)

If you or someone you care about is struggling with addiction, your Employee Assistance Program (EAP) is here to help. With 24/7 access to information and assessment and helpful information on other addictions such as smoking, gambling and drug abuse. Log in to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Dealing with a drug or alcohol problem as a family
- Addictions and emotions
- Gambling addiction: It's not whether you win or lose, but how you play the game
- Putting a stop to smoky thinking

Visit our website or call for free, confidential help from our team of EAP experts.*

855-223-9277

Website: anthemEAP.com

Login: Commonwealth of Virginia



*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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