



Handle life's hurdles like a pro

Your Employee Assistance Program (EAP) can help.

Are you stuck on a personal goal? Looking for a better way to talk to your teen? Need a fresh approach to tackle a tough situation? Whether it's work or personal, consider talking to a counselor.

April is Counseling Awareness Month. So, when April showers start to fall, it might be the perfect time to reach out to your Employee Assistance Program (EAP) can help you find a counselor and tell you what to expect from your first session. Log in to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- How to choose a counselor
- What to expect from your first counseling session
- Frequently asked questions about counseling

For free, confidential help from our team of EAP experts, just visit our website or call toll-free.*

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 EAP services available to you.

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