



Maine Municipal Employees Health Trust



Your Employee Assistance Program is here to support you

When you or your household members are facing personal or work-related challenges, the Anthem Blue Cross and Blue Shield Employee Assistance Program (EAP) can help you. These services are available at no cost to you:



Counseling with up to three visits for each issue, including face-to-face or online visits through LiveHealth Online¹



Legal consultation with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources



Financial consultation including a phone meeting with financial professionals during business hours



ID recovery for help with reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors



myStrength, a “health club for your mind,” featuring e-learning modules, mood trackers, videos, and tools to make a personal action plan



Dependent care and daily living resources for information on child care, adoption, summer camps, college placement, elder care, and assisted living



Other anthemEAP.com resources, well-being articles, podcasts, webinars, and tools for depression, anxiety, relationships, alcohol use, and eating habits



Crisis consultation with a toll-free number for emergencies and help at any hour of any day

Help 24/7, 365 days a year

For assistance, please call **800-647-9151**, or visit **anthemEAP.com** and enter **MMEHT** to log in.

Everything you share is confidential.²

¹ Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call the National Suicide Prevention Lifeline, 800-273-TALK (800-273-8255), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

² In accordance with federal and state law, and professional ethical standards. This document is for general informational purposes. Check with your employer for specific information about benefits, limitations and exclusions.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

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