

How to reach us

Help that goes where you do. Keep us handy:



Employee Assistance Program (EAP)

1-800-647-9151



Website

anthemEAP.com

Enter MMEHT to log in.



Free, confidential help

24 hours a day, 7 days a week



You can also find us here:

@AnthemEAP on Twitter

The Wellpost Blog @anthemEAP.com



myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter MMEHT to log in.



Your schedule, your life

EAP's here when you need us



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 1-800-647-9151 or go to anthemEAP.com and enter MMEHT to log in.

What's your Employee Assistance Program (EAP)?

We're the folks who can help you meet life's challenges. Call 1-800-647-9151 or visit anthemEAP.com and enter MMEHT to log in.



Maine Municipal
Employees Health Trust

Employee Assistance Program

1-800-647-9151

anthemEAP.com – Enter MMEHT to log in.

Free, confidential help 24 hours a day, 7 days a week.



* In accordance with federal and state law, and professional ethical standards.

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Maine Municipal
Employees Health Trust

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.



Mark's story

When you need some guidance, one on one — that's what EAP's about. Take the case of "Mark," who called us during a difficult financial time:

Mark contacted EAP when he found himself unable to keep his home and struggling to find a new place to live. He was feeling a lot of stress and anxiety about the future. The EAP representative who spoke to Mark explained the different types of services, including counseling, financial consultation and housing search assistance, that were available to him. The representative also referred Mark to local counselors who specialized in his areas of need and directed him to emotional health resources on the EAP website.

Talk to us by phone, in-person or online.



Use our toll-free number to speak with an EAP professional.



Meet with a professional face to face.



Have up to 3 free counseling visits per issue.



Ask us about online visits with LiveHealth Online.

Get to know your EAP better at [anthemEAP.com](https://www.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.



Contact us 24/7.

Simply call 1-800-647-9151 or visit [anthemEAP.com](https://www.anthemEAP.com) to be connected right away — at no cost to you.

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