

# 24/7 help is here.

We're standing by to take care of your needs during this difficult time.

Whether you need answers, advice or a shoulder to lean on, EAP is here for you and your loved ones.

To learn more about how we can help, call 800-647-9151 or visit [anthemEAP.com](http://anthemEAP.com) and enter MMEHT.

If you've been affected by the tragic shooting in Lewiston, Maine and could use some guidance or support, talk to us. We can set you up with:

- Telephonic support and counseling services.
- Updates and important resource information on the website.
- A library of grief, loss and coping articles.
- Self-help tools.

Remember, your EAP also has a wide range of other resources for:

- Planning a move.
- Handling legal and financial matters.
- Finding child, elder and pet care.

The last thing you need to worry about at a time like this is your privacy. EAP services are confidential, so no one will know if you contact us unless you give written permission.\*



\* This provision is 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 on the services available to you.

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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