Here when you need us
Employee Assistance Program

Employee Assistance Program
Free confidential help 24 hours a day, 7 days a week
enter Meta Crisis Services
anthemaph.com
800-647-9151

How to reach us:
That's my we're giving you two ways to you never know when you may need help.

Keep our number handy.
In your neighborhood.
Place to locate child and elder care services
professional life, and an interactive search
self-assessment tools on our website. There
If you're not ready to talk about it, you can still

on the Web
connected with a qualified resource near you.
You need counseling assistance. We'll help you
free visits on an issue you're facing. Then, if
EAP membership entails you to go to your
area who has a number of our network. You
can refer to a licensed counselor in your
After you make the first phone call to us, we
automatically enrolled.

Confidential and the wide range of services your
EAP has to offer.
EAP
and other Metro Crisis Services.
www.amehealth.com

Respect for privacy.

It’s not always easy, but when the going
gets tough, we're here to help. Your

EAP, or visit
while we're here.
Tailored to understand how important privacy is

in accordance with federal and state law and professional
without your written consent. It's important that your friends, family
members, and employer
when it comes to decisions like these. Rest assured
Naturally, we understand how important privacy is
Respect for privacy.

Always available

in the event of: Problems, such as addiction and depression, stress,
relationships, and family concerns. To anxiety.

Employee Assistance Program (EAP) is one

Our highly trained staff members can offer

contact us at our toll-free number. 800-649-9151.

Training and other crisis services.

Ways to manage

You'll find helpful resources, including

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