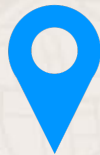
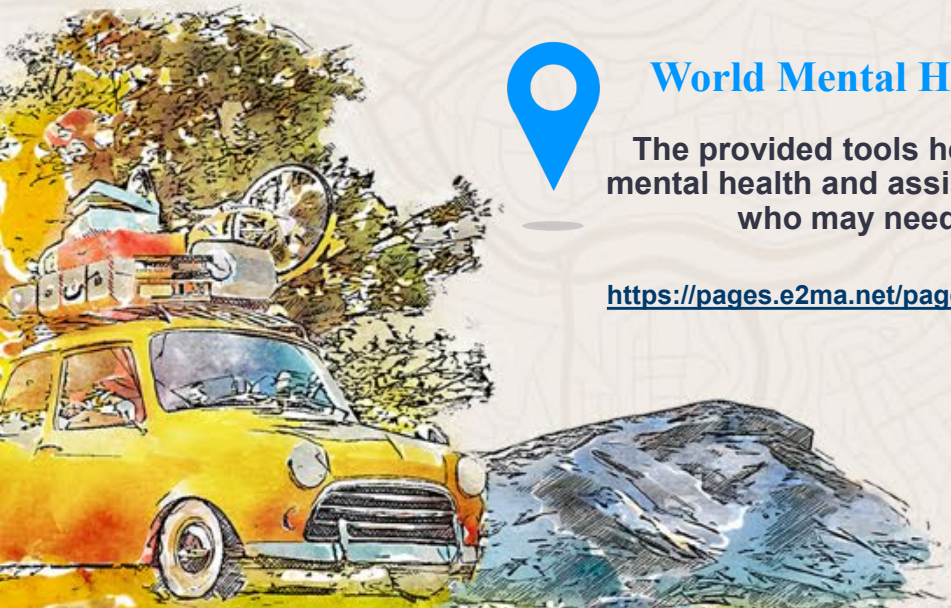




EMOTIONAL Wellbeing

IT'S A LIFETIME JOURNEY

Whether it's day-to-day stress, anxiety or just feeling overwhelmed — **you are not alone.** Wherever you are on your journey, know that you have benefits to support your needs.



World Mental Health Tool Kit

The provided tools help to assess our mental health and assist those around us who may need support.

<https://pages.e2ma.net/pages/1807892/24843>

AnthemLife Resource Advisor

Receive personalized counseling, financial, and legal help. Counseling by phone, face-to-face, or LiveHealth Online video chat.

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and our household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor: *Counselors can help with:* Stress Parenting Anxiety Depression Issues that affect your well-being Dealing with illness Relationship or family issues Help finding child care Elder care issues and resources

Phone: 1-888-209-7840

Online: www.ResourceAdvisor.Anthem.com

(Log in with program name AnthemResourceAdvisor.)



Suicide Prevention Tool Kit

The following resources promote understanding and awareness of suicide and the mental health issues surrounding it.

800.273.TALK (8255)

or call 911 immediately.

<https://www.cdc.gov/suicide/index.htm>



Right Direction

Whether you're experiencing depression or close to someone who might be, Right Direction raises awareness about depression in the workplace, demystifies the symptoms and treatment options, and provides free information, tools, and resources to help you find your way.

<https://www.rightdirectionforme.com/for-you/>



Other Helpful Resources

Meditation Apps

[Insight Timer](#)

[Calm](#)

[Headspace for Educators](#)

Affirmation Apps

[Action for Happiness](#)

[Unique Daily Affirmations](#)

Other

[National Alliance on Mental Illness](#)

[Hilarious World of Depression Podcast](#)

Black Dog of Depression - YouTube videos: World Health Organization

Need Help **Navigating** Your Benefits?

Contact your Human Resources Department