



Sometimes we could all use a little help ...
That's where your Employee Assistance Program comes in

Central High School

Effective: 07-01-20 to 06-30-21

EAP contact information

Phone: 800-865-1044

Website: anthemeap.com

Login: Central High School

The Employee Assistance Program (EAP) is here to make sure you and your household members have the support you need for emotional well-being. With our many tools and resources, we want to empower you to meet the challenges of modern life — for a happier and healthier future.

Our many services include:

Telephonic support and referral

When you're trying to manage emotional-health issues, such as depression, anxiety, substance abuse, grief or stress, you may need extra support. Our team of experts can help by being there, 24/7, to answer your questions over the phone. Plus, we'll link you to other EAP programs and resources so you get the services you need and make the most of your benefits.

Crisis consultation

Life can get overwhelming — fast. We've got a team of specialists ready to help you get through any crisis. Whether you need a lot of guidance or just someone to listen, you can reach our professional clinical consultants toll free at 800-865-1044, 24/7.

Counseling

Depression, anxiety, grief and other emotional-health issues may leave you feeling isolated. But with EAP, you're not alone. Our experts are here for you and ready for face-to-face or video sessions. You get up to 3 face-to-face or video (requires activation of LiveHealth Online*) visits each year for each issue you want to discuss — at no cost.

EAP website

EAP's website has many resources for you. From healthy recipes and well-being articles to budgeting tools and legal forms, we have something to help you in key areas of your life. Go to anthemeap.com to check out all the great information we've put together.

Work-life balance

Stress can affect your emotional and physical well-being. EAP is here to help you keep stress in check. Whether you're trying to find child care, senior care or even pet care, EAP's work-life service has the resources you need to manage daily life. See what we offer at anthemeap.com.

Legal

EAP offers services to help you work through complex legal issues. You can get a half-hour of no-cost legal advice in person or by phone, depending on what you need.[†] If you want more legal help after the consultation, you can hire the lawyer you spoke with at a discounted fee. We also have free legal forms and other tools for you on anthemeap.com.

Financial

If you're worried about money or could use a little financial advice, EAP can connect you to our certified financial experts for no-cost phone consultations. You can also check out our online library of financial calculators, seminars and other tools at anthemeap.com.

ID recovery and monitoring

Identity theft is a common problem today and can be hard to correct. To give you peace of mind, EAP offers theft-resolution and monitoring services, 24/7, at no cost to you. Our resolution specialists will help you fill out paperwork, contact consumer credit agencies, and negotiate with creditors to restore your identity and fix any damage that's been done. To register for these services, go to anthemeap.com.

Questions? Just call EAP at 800-865-1044 or go online to anthemeap.com and enter Central High School.

Member Center

The EAP's Member Center makes it easy for you to use our services and find local counselors online. Once you register on anthemeap.com and select a counselor, simply let us know who you're going to see. The process is secure and confidential.

Skill builders

EAP wants to give you the opportunity to advance your professional development and life skills through online courses on a variety of topics. You can access these classes anytime by logging on to anthemeap.com. And when you complete them, you can print out and keep a certificate of participation.

On-demand seminars

For long-term success at home and work, it's important to stay emotionally and physically healthy. To help you get there, EAP offers no-cost, on-demand seminars on a range of health- and wellness-related subjects. You can take them anytime through anthemeap.com. We add a new topic each month, so you'll want to keep checking in. Plus, you can submit online questions to our panel of experts and receive private responses.

Relocation Center

Moving is never fun! Whether you're going cross country or just down the street, planning each step can feel overwhelming. EAP wants to make the process a little smoother by giving you tips, tools and a full library of moving-related articles. You can check out all these resources on anthemeap.com.

Savings Center

Want to save a little money? EAP's website offers you discounts of up to 25% on everyday and luxury name-brand items through our shopping program. To join, go to anthemeap.com and select Savings Center.

WellPost blog

Check out EAP's health and wellness blog today at anthemeap.com! It covers a wide range of topics, written by experts in those fields, to help you meet everyday challenges and live life to the fullest.

EAP is here to help you find a better balance in life – and we hope you and your household members take advantage of our many tools and resources. If you have questions or want more details, please call 800-865-1044 toll free. You can also visit anthemeap.com. Just enter Central High School.

* Video visits are offered only when clinically appropriate.

† Excludes business, benefits or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly.