

Understanding and overcoming depression



Depression can affect how you think, act, and feel. Feeling depressed can make it hard to get through day-to-day activities. Since depression typically doesn't go away on its own, it's important to seek help.¹

The good news is that there are many ways to treat and cope with depression. Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no extra cost to you — you'll find:

- Access to virtual or in-person counseling.
- Referrals for support groups and treatment.
- Tips for helping a loved one who's depressed.
- Information on ways to treat depression.

If it's an emergency, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.

Support you can count on

If you or a loved one are dealing with depression, you're not alone. Lean on your EAP resources.



Counseling

Log in at anthem.com/eap to connect with a licensed professional for confidential virtual or in-person sessions.²



Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.

Your EAP is here for you

Get the help you need 24/7 at **855-223-9277**.

Go to anthem.com/eap and log in anytime with your company code, *Commonwealth of Virginia*.



¹ Mayo Clinic: *Depression (And Major Depressive Disorder)* (October 14, 2022); [mayoclinic.org](https://www.mayoclinic.org).

² Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

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In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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