

Mental health support starts here.

Connect to healing. Find hope. Live your best life.

If you or a loved one needs help with a mental health issue, you're not alone. Through your Anthem benefits, you can find expert, compassionate and confidential care.

FREE RESOURCES

Empower yourself with digital tools.

Emotional Well-Being Resources

Emotional Well-Being Resources, administered by Learn to Live, provides the support you need to develop resilience, reduce stress and practice mindfulness. The online programs and personalized coaching help you work through thoughts and behaviors that affect your emotional well-being. You'll learn effective ways to manage stress, anxiety, depression and sleep issues — at no extra cost to you. Log in at [anthem.com](https://www.anthem.com), go to **My Health Dashboard**, choose Programs and select **Emotional Well-Being Resources** to begin.

Sydney Health Mobile App

Anthem's secure mobile app serves as an excellent connection point for mental health support. Use Sydney Health to:

- Find behavioral health professionals in your plan's network.
- Check cost and coverage.
- Discover resources that support your well-being.

TELEHEALTH RESOURCES

Connect with a mental health professional online.

Have a private and secure video visit with a therapist, psychologist or psychiatrist without leaving the privacy and comfort of home. Using your smartphone, tablet or computer with a camera, you can:

Talk with a licensed therapist in seven days or less. They can help with stress, anxiety, depression, grief, panic attacks and family issues. Sessions are 45 minutes and cost about the same as an in-office therapy visit.

Visit a board-certified psychiatrist within two weeks. Psychiatrists provide medication support to help you manage a mental health condition. A session usually costs the same as an in-office psychiatrist visit.

To make an appointment:

- Visit livehealthonline.com.
- Call 888-548-3432.
- Go through Anthem's Sydney Health mobile app.

Appointments are available from 7 a.m. to 11 p.m., seven days a week.

