

Mental health support for Anthem EAP members

Headway makes taking the first step easier, connect with thousands of available therapists, all at no cost



13,000+

Licensed therapists through Anthem EAP, in all 50 states

40%

of Headway providers from underrepresented backgrounds

50

languages offered, including Spanish

35

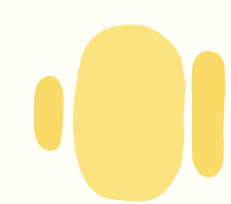
Provider-identified focus areas, from anxiety to trauma-related symptoms

CARE THAT WORKS FOR YOU



Virtual or in person

Help is always within reach, wherever you prefer to meet



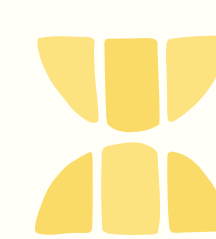
Available whenever you are

Find openings in the morning, evening, and on weekends



Find a therapist who gets you

Search by ethnicity, gender, speciality, and treatment approach



Comprehensive network of quality care

Access the right care with thousands of therapists to choose from nationally



Continuity of care

Choose a provider who also takes your insurance, to continue care after using your EAP benefit



No phone tag

Book and manage appointments and check benefits on your Headway patient portal

BOOK CARE IN MINUTES

Visit your EAP website to access services*

1 Select “Find a Counselor” on your EAP website

2 Select the Headway tile

3 Search providers by language, specialties, and more

4 Choose an appointment slot that works for you

*Reach out to your HR department for more information on your EAP benefit and website

When your EAP sessions have been used, continuing care is easy — just check the Benefits tab in your Headway patient portal to see your coverage options and next steps.

If you feel at risk of acting on thoughts of harm to yourself or others, you should seek immediate crisis support.

The 988 Lifeline is a free, confidential service available 24/7. You can call 988, text 988, or visit 988.lifeline.org to connect with a trained crisis counselor for immediate support.

Therapymatch, Inc. d/b/a/ Headway is a separate company providing behavioral health services on behalf of your health plan or EAP.

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