Personalized support for overcoming addiction

Addiction to a substance, such as alcohol, drugs, or nicotine, or to a behavior such as gambling, is a serious problem. It can affect all aspects of your life, from your work and relationships to your personal health.

If you are struggling with addiction, your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost, to help you:

- Recognize the physical and emotional signs of substance abuse.
- Understand how drug abuse can affect others.
- Address related substance abuse issues, such as mental health problems.
- Understand your options for treatment.
- Cope with a loved one's addiction.
- Find local services and support groups.
- Access support programs, 24/7.

Your EAP also includes access to Emotional Well-being Resources, a set of digital tools you can use to help improve your emotional well-being.

These resources can help you understand addiction, begin recovery, and create healthy, lifelong habits:

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions. You and your household members each receive 4 visits per issue per year.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for "addiction" on the website to read articles that can help you and your loved ones.

Anthem

COOK® GROUP

Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **800-865-1044**.
- Go to **anthemEAP.com** and enter your company code: **Cook Group Inc.**.

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