



*Support
Resources
for You,
Your Team
& Your
Family*

Employee Assistance Program

Name: Unum

Website: lifebalance.net

Phone: 1-888-993-7650 (English)
1-877-858-2147 (Spanish)
1-800-999-3004 (TTY/TDD)

Mobile APP: LifeWorks
User ID/Password: lifebalance

LiveHealth Online Psychology through Anthem

- 1-844-784-8409, 1-800-548-3432
- livehealthonline.com
- LiveHealth Online App (Choose Online Psychology and select therapist)

Substance Abuse Support: SAMHSA.Gov, AA.org, Al-Anon.org

National Suicide Crisis Lifeline: 800-273-TALK (8255)

U.S. Crisis Text Line: Text *HOME* to 741-741

Youth & Family Support: nami.org/Find-Support

NOTE: This support resource is not to give or replace any medical, legal, or psychiatric intervention that is needed.