



# Stress, Depression and Anxiety

RESOURCE	DESCRIPTION
<b>Living Resources Program</b> (formerly known as Employee Assistance Program or "EAP") Contact the Living Resources Program at 1-844-207-LINK (5465) to be connected with a counselor. <b>GuidanceResources.com</b> (Web: LivingME)	The Living Resources Program provides up to 5 counseling sessions per year and are covered 100% for employees and their household members.  The web ID is LivingME. There you will find articles, tutorials, streaming videos, etc. on a wide-variety of topics and issues.
State of Maine Health Plan Medical coverage administered by Anthem Blue Cross and Blue Shield 1-844-273-4614 www.Anthem.com	Additional counseling visits are covered by the State of Maine Health Plan with a \$20 in-network office visit copay.
<b>There are several Health Topics available when members log into their anthem.com account. Just click on Health &amp; Wellness to view the information.</b>	