

Support for parents



Being a parent is a difficult job. Although it may sometimes feel like you are supposed to have all the answers, you don't have to figure it out on your own. Help is available.

Your Employee Assistance Program (EAP) is here for you and your family, offering support and resources, available at no extra cost, to help you:

- Explore parenting tips and tools.
- Find child care.
- Learn about mental health for children and teens.
- Understand developmental stages, including what to expect and how to keep your child safe at every age.
- Address issues such as bullying, behavior problems, smoking, and drinking.
- Find adoption resources.

These resources can help you support your child both today and tomorrow.

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

Educational podcasts

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

Online support

Search for “parenting” on the website to read articles that can help you and your family.



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Your EAP is here to help, 24/7
There are multiple ways to find support:

- Call **1-855-223-9277**.
- Go to **anthemeap.com** and enter your company name:
Commonwealth of Virginia.