



Stress, Depression and Anxiety

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