

When life happens, get care and answers 24/7

BlueAssist counselors are there for you when you need help the most

Our counselors are here for you anytime you need them

BlueAssist offers valuable resources that can help you balance responsibilities at work with the demands of your personal life. If you need to talk about a personal situation, want some problem-solving advice or are looking for help finding a mental health or substance abuse professional, our counselors are available 24 hours a day, seven days a week.

Professional, confidential assistance you can rely on

BlueAssist offers confidential services by licensed professional counselors free of charge. By calling a toll-free 24-hour number, you get guidance for a wide variety of issues — from everyday stress to more serious emotional concerns. BlueAssist professionals are available to help you cope with a variety of issues that impact your life at work and at home, including:

- Change or stress
- Family life transitions or conflicts
- Grief and loss
- Alcohol and drug abuse
- Financial and legal concerns

Access an online library of topics from A to Z

Through our secure website, you can find helpful articles covering:

- Aging
- Mental and physical health
- Relationships
- Substance abuse
- Workplace issues

There are also links to a legal and financial resource center and, other helpful Web resources.

BlueAssist covers all the bases

For help with relationships, the workplace, substance abuse or any other issues getting in the way of your life, call BlueAssist at 1-888-209-7841 or 1-800-451-6532 if you are hearing impaired.

For helpful online resources, go to anthemeap.com and enter “BlueAssist” in the login.