



Find mental health care that fits your needs

Headway can help




Whether you're looking for a mental health care provider or aren't sure where to start, Headway can help you find the right fit. As part of your benefits, you have access to a wide range of Headway therapists in your EAP network who can get you the support you need.

Headway offers:

 **In-person or virtual care**
Book a virtual or in-person appointment with care providers.

 **A comprehensive network of quality care providers**
Access the right care with thousands of clinicians to choose from nationally.

 **A user-friendly digital platform**
Book and manage appointments directly on one website.

 **Cost-effective, transparent pricing**
Track your no-cost EAP sessions right in your profile.



If you're experiencing emotional distress, the resources below provide confidential support at no extra cost 24/7. If this is an emergency, call **911** immediately.

988 Suicide & Crisis Lifeline
Call or text **988**.

How to access Headway

- Scan the QR code or go to anthemeap.com/auhscd.
- Select Find a Counselor and select the Headway tile to get started.



Learn more

Call your EAP at **800-999-7222** for help with questions and scheduling.



In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Therapymatch, Inc. d/b/a/ Headway is a separate company providing behavioral health services on behalf of your health plan.

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