



## COVID-19 resources for you and your family Find personalized support online and in your community



While everyone is facing the same pandemic, each person's experience is different. Whether you are sending children back to school, working from home, or isolating from loved ones, your situation is unique. The stress from managing and juggling everything can affect your mental health, too. You do not have to face it alone.

See how [Anthem can help](#) you find online and community resources that fit your unique needs. If you have children, there are specific resources and information that can help them succeed, whether they are learning from home or returning to the classroom. [Learn how you can support your child](#) through this experience.

**Find helpful information, connect with local and national assistance programs, and access mental health resources using [Anthem's COVID-19 Resource Center](#).**

Your experience is your own, but you do not have to manage it alone. Lean on Anthem and your community for support.