

Recovering from domestic violence



If you have suffered physical, sexual, or psychological abuse from a spouse or intimate partner, know that you are not alone. Recovery takes time, but it is possible to heal, physically and mentally.

Your Members Assistance Program (MAP) offers a wide range of support and resources, available at no extra cost, to help you:

- Find resources and assistance
- Cope with the aftermath of trauma
- Address stress and anxiety

If you are in immediate danger or have just experienced sexual violence, find a safe place and call 911.

These resources can help you understand the trauma caused by domestic violence and find the support you need for recovery.

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 “domestic violence” on the website to read articles that can help you and your loved ones.



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Your MAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-855-686-5615.
- Go to [anthemEAP.com](https://www.anthemEAP.com).