

# WE CAN HELP YOU WITH THAT



One of our dedicated personal advocates will work with you to resolve any issues you may be facing, connect you with the right mental health professional, direct you to a variety of helpful resources in your community, and more. Best of all, it's free.

## The Facts on EAP

- The EAP toll-free phone number is
- We're available 24/7/365
- Available to you and your household family members

## EAP Services Include:

- **Counseling:** Face-to-Face sessions with a counselor in your area.
- **Consultation and support by phone:** Consultations may be related to questions about behavioral health related topics, assistance with problem identification, problem-solving skills, approaches and/or resources to address behavioral concerns.
- **Legal assistance:** Free, 30-minute consultation with an attorney face-to-face or by phone.
- **Financial:** Free 30-minute telephonic consultation by phone with a qualified specialist on issues such as debt counseling or planning for retirement

- **Child care:** Resources and referrals for child care providers, before and after school programs, camps, adoption organizations and information on parenting questions and prenatal care.
- **Elder care:** Resources and referrals for home health agencies, assisted living facilities, social and recreational programs, and long-distance care giving.
- **Pet care:** Resources and referrals for pet sitting, obedience training, veterinarians and pet stores.
- **Identity theft:** 60-minute free consultation with a fraud resolution specialist.

## Find us online

You and your household members can also get EAP assistance and information via the Cigna EAP website: [Cignabehavioral.com](http://Cignabehavioral.com). Click on the "login to access your benefits" link and enter your Employer ID in lowercase letters with no spaces.

**Connect with your EAP either by phone or online for free, fast and effective expert assistance.**

**GO YOU**<sup>SM</sup>



**Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.**

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