



Find emotional support with Cigna Healthcare



EAP Resources Available

Cigna is here for you during these challenging times and cares about your emotional health, well-being, and safety. Our team of Employee Assistance Service Advocates and Clinicians are available 24/7 to provide free and confidential resources and support. The following are Cigna support resources to help you, and anyone in your household, cope with the horrific mass shooting that has impacted your community. Contact us at 877.622.4327 or online at myCigna.com



Support

Here's where to turn for help.

Our behavioral support staff, made up of licensed, experienced mental health professionals with a master's degree or higher, is **available 24/7** to offer:

- Support for employee and household members during any stage or concern
- Real-time response to crisis situations.
- Help managing your care after regular business hours.
- Information on how to access valuable community resources.



Counseling

1-8 face-to-face or video counseling sessions – per issue, per year – with a licensed clinician available at no cost to you.

This includes real-time support via live video or texting. [Talkspace](#)⁹ provides personalized care for all – by making mental health access safe, quick and easy. You can expect immediate, responsive care to support your diverse needs.



Seminars

Access to on-demand webinars [Cigna.com/EAPWebcasts](https://www.cigna.com/EAPWebcasts)

COPING IN THE AFTERMATH OF A MASS SHOOTING :

A random act of violence can shatter our sense of safety and trigger deep emotions. We'll share strategies for managing your thoughts and feelings and supporting your child.

HELPING CHILDREN COPE WITH TRAUMATIC EVENTS

When life gets scary, parents may struggle to know how to support their child. Learn how children are impacted and how to help them feel safe.

MANAGERS: MANAGING AFTER A TRAUMATIC EVENT

It's easy to feel helpless in the aftermath of a disaster or traumatic event. Knowing common reactions and ways to support your employees can help you feel more prepared.

