

MENTAL HEALTH RESOURCES

Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health topics. Many are also places to turn for help and support.

All mental health topics

National Institute of Mental Health
www.nimh.nih.gov

Center for Workplace Mental Health
www.workplacementalhealth.org/Mental-Health-Topics

Depression and anxiety disorders

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety

Depression Awareness Recognition and Treatment Hotline: 800-421-4211

Depression and Bipolar Support Alliance: 800-826-3632

Eating Disorders

National Eating Disorders Association
www.nationaleatingdisorders.org

Alcohol and substance use disorders

National Institute on Drug Abuse
www.drugabuse.gov/patients-families

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

Suicide

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

American Association of Suicidology
www.suicidology.org

Stress can complicate mental health problems. These apps can help you address stress and tension.

Happify

Customized program designed to increase happiness and optimism.

Stop, Breathe & Think

Short, guided meditations to help tame stress and build mindfulness.

MyBreath Lite

Learn personalized breathing techniques to reduce stress.

Pocket Yoga

Guided sessions for every skill level puts yoga at your fingertips.

Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

Together, all the way.®



Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 881073a 05/18 © 2018 Cigna