

Your Mental Health is Important



Our mental health is just as important as our physical health. CTA Wellness has a number of tools and resources available to help you tackle everyday challenges from life events, stress or other mental and behavioral health issues. With Cigna's comprehensive programs, you can access the support you need to help you take control of your health – mind and body.

Employee Assistance Program (EAP)

Your EAP is available to support you on your mental health journey with the following services:

- **6 Free Counseling Sessions (per issue)**
- **Lifestyle Management Programs (LMP): Stress Management**
Cigna's LMP includes coaching programs (via online or phone) for tobacco cessation, weight and stress management.

To get started, visit mycigna.com or call 1-888-371-1125 (24 Hours)



Digital Mental Health Apps and Programs

iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with difficult transitions. To get started, visit [myCigna.com](https://mycigna.com), click on the Stress and Emotional Wellness page and click on the iPrevail link.

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and communicate via text, voice or video. To get started, visit talkspace.com/eapcigna.

Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy. To get started, visit ginger.com/cigna.

Happify consists of science-based games and activities that are designed to help you defeat negative thoughts, increase mindfulness and emotional well-being, gain confidence and more. To get started, visit happify.com/cigna.



Behavioral Wellness Webinars

Online seminars are available to you at your convenience with various topics related to your mental well-being. Log into cigna.com/eapwebcasts with your myCigna account and select any topic to register.

- Stress and Our Perception
- Stress in Customer Service Rolls
- Stress Relief: Train Your Brain

Mental Health Crisis Resources

National Suicide Prevention Hotline: 1 (800) 273-8255

Crisis Text Line: Text HOME to 741741

Cigna Veteran Support Line: 1 (855) 244-6211

MDLIVE Behavioral Mental Health: 1 (888) 726-3171