

YOU HELP OTHERS. WE CAN HELP YOU.



Support through the Employee Assistance Program.

If you're a First Responder, your **Cigna Employee Assistance Program (EAP)** can help with a number of critical challenges that police, fire, EMT and other vital response personnel may face. This valuable support is offered by your employer at no cost to you.

The Employee Assistance Program provides support to First Responders and their families (any member of your household).

Call us anytime, any day.

We're here for you. Our dedicated highly trained staff are here to find solutions and get you the help you need, when you need it. We help with concerns and challenges such as:

- › Post-traumatic stress disorder
- › Suicide prevention
- › Emotional support for family members
- › Coping with loss and trauma
- › Stress and anxiety
- › Childcare resource referrals
- › Financial concerns



We respond first by listening.
Contact us at any hour, day or night.

Call

You can also log in to [CignaBehavioral.com](https://www.CignaBehavioral.com)

Have your employer ID:

Like you, it's our job to help. So, we're proud to offer any assistance you need – from qualified referrals to resources in your area to online tools. We also offer in-the-moment telephone support, 24 hours a day, seven days a week. We're here to help you face challenges, on the job or at home.

Together, all the way.®



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