

## **Links to Additional Helpful and Reliable Resources**

### **Centers for Disease Control and Prevention (CDC)**

[COVID-19: Managing Stress and Anxiety](#)

### **American Psychiatric Association (APA)**

[COVID-19/Coronavirus Resources and Information Hub](#)

[Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

### **World Health Organization (WHO)**

[COVID-19/Coronavirus: Mental Health Considerations](#)

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[Tips for Social Distancing, Quarantine and Isolation](#)

### **National Alliance on Mental Health (NAMI)**

[COVID-19 and Mental Illness Guide](#)

**Call Centers and Hotlines** If you are experiencing high levels of stress, anxiety or depression, reach out for support.

*Crisis Text Line: Text 741741*

*National Suicide Prevention Lifeline: 1-800-273-8255*

### **Employee resources under EAP**

Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. Your EAP is here to help.

- Counseling Benefits: Help with personal issues from relationships to stress and substance abuse.
- Work / Life Benefits: Assistance for other personal, financial and legal issues.
- Information Resource Benefits: Access a vast collection of self-help tools and articles.
- Lifestyle Benefits: Discounts to help with fitness, nutrition and weight management.
- Personal Development Benefits: Help balancing your work, life and career.
- Wellness Benefits: Information and resources to improve your overall wellness.
- Information about COVID-19

Assistance is available through the Employee Assistance program free of charge. Employees can call 24/7, all calls are CONFIDENTIAL and answered by a Masters or Ph.D. level counselor; your counselor will work on a plan beginning with the first call. To contact the EAP employees can call 1-800-252-4555 or 1800-225-2527 or on line [www.theEAP.com](http://www.theEAP.com) First responders contact information, 1-888-327-1060 or online at <https://www.theeap.com/public.safety.EAP>. Or go to [www.theEAP.com](http://www.theEAP.com) and create a username and password.

## **Employee Resources under CIGNA**

Cigna invites employees to join a webinar on April 2<sup>nd</sup> at 4:00 pm for a review of the Behavioral Health resources offered through Cigna. The webinar will include ways to access the programs listed below. Personal invite to the webinar will follow.

### **Telehealth Connection**

Assistance through Cigna for employees who carry coverage through the town. There is a virtual option called telemedicine, employees can pre-register and receive medical care via a FaceTime phone appointment from the comforts of their home. The telemedicine doctors can prescribe medication and diagnose employees for flu type symptoms. Cigna will waive costs for COVID-19 testing related care through May 31, 2020. <https://www.cigna.com/individuals-families/member-resources/telehealth-connection-program>

### **Telehealth**

To connect with a virtual counselor in Cigna's network: Go to myCigna.com and go to the "Find Care & Cost" tab. Search for "Virtual Counselor" under "Doctor by Type". If you need assistance finding a provider call 800.244.6224. Call to make an appointment with your selected provider, like you would for a face-to-face visit. Your provider will give you information on how to set up virtual counseling according to the technology they are using.

### **24/7 Health Information Line**

Dial the toll-free number on your Cigna ID card (800-244-6224). Ask to speak with a nurse who is ready to help answer your health questions. You can also listen to hundreds of podcasts in English and Spanish to help you stay informed about your health. To listen: Select a topic and listen via live stream. Visit myCigna.com for more information.

### **Cigna Total Behavioral Health Program**

You can receive face-to-face sessions with a licensed mental health professional in Cigna's Employee Assistance Program network. You also get online, on-demand seminars, as well as community resources and referrals on a range of topics, including: › Child care › Adoption › Senior care › Pet care › Legal and financial consultation services › Education › Summer camps › Parenting › Convenience services

### **Virtual Behavioral Care**

Use your smartphone, tablet or computer for online video conferencing. And your out-of-pocket cost is the same as a behavioral health outpatient office visit.

### **iPrevail**

On-demand coaching and personalized learning with iPrevail offered through Cigna – Learn how to boost your mood and improve mental health with on-demand coaching 24/7. After completing a brief assessment, you receive a program tailored to your needs that includes interactive lessons and tools. You get access to a peer coach who

is matched based on your symptoms. You can also join support communities focused on stress, anxiety, depression and more.

### **Happify**

Science-based activities and games for stress and worries, with Happify offered through Cigna – Everyday stressors can impact your relationships, work, health and emotional well-being. But you can change your outlook – and the way you see the world – with Happify. Happify’s activities and games are designed to help you overcome life’s challenges and can be accessed at any time.

### **Lifestyle management programs**

Get help to reach your goals like losing weight, quitting tobacco or lowering your stress level. Each program offers support with phone and online coaching.

### **Behavioral awareness webinars**

Cigna offers free monthly seminars on autism, eating disorders, substance use and behavioral health awareness for children and families. The seminars are taught by industry experts and offer tips, tools and helpful information.

### **Enhanced online tools**

Visit myCigna.com or use the myCigna® app to access on-demand support, including:  
› Information about your benefits, in-network providers and treatment options  
› Health and well-being articles  
› Self-assessment, stress management and mindfulness podcasts and tools  
Additional resources can be found on Cigna.com.

### **To learn more or access services**

To access services to help manage life events, visit myCigna.com, Review My Coverage, Employee Assistance Program. You can call 877.231.1492 for referrals or go online, search the provider directory and obtain an authorization.

For links to **iPrevail** and **Happify**, visit the Stress and Emotional Wellness page on myCigna.com. You can also call the toll-free number on your Cigna ID card. If there isn't a number on your card, call Cigna Behavioral Health at 800.274.7603.

### **American Psychiatric Association Foundation**

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19?fbclid=IwAR1eASRTf8gUNY6qMohcrZxaDQmpONnjd0q8XNpzzgPjC1CYM6NDL8qAO7yA>