You’re Not Alone
We’re In This Together

Trying to find a balance between the stress and pressure of life (work, kids, and family) is difficult. Let us help make it easier. We’ve teamed up with Cigna EAP to provide you and your family with unlimited telephonic emotional support at no cost to you!

Call anytime, any day – 24/7
877.622.4327

The Cigna Total Behavioral Health Program / EAP can help keep you moving forward.

Emotional Well-being Capabilities – Increase resilience, reduces stress, and promotes positivity.

Unlimited Telephonic Counseling
(Provided by a licensed clinical professional)