

WE ARE HERE FOR YOU!

YOU ARE NEVER ALONE

Dealing with mental health problems can be overwhelming as you make sure you or your loved one is getting the right care. Gathering the right information can empower you by providing early warning signs, tips on boosting health, and how to seek help or start a conversation with a loved one living with a mental illness.

Follow the links below to your respective provider for information on coverage, different programs available through your health benefit and to speak with a representative about what works best for you and your family.

Cigna Members: <https://www.cigna.com/individuals-families/health-wellness/topic-mental-health/>

- **Informational seminars**
- **Learn about mental health and how to manage it**
- **Access to our representatives who will assist in finding you a provider**

Anthem Members: <https://www.anthem.com/blog/health-insurance-basics/find-mental-health-care-resources-you-need/>

- **Discover mental health care resources**
- **Find affordable mental health care options**
- **Access to our representatives who will assist in finding you a provider**

NOTE: Your plan must include a medical benefit with Cigna or Anthem.

You're not alone. To find the support you need, visit our Mental Health Resource Center to see what is available to you using the links above or call us for assistance at 1-800-258-9732! We are here for you!