

# MENTAL HEALTH RESOURCES

## Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health. Many are also places to turn for support.

### All mental health topics

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

### Depression and anxiety disorders

Anxiety and Depression Association of America  
[www.adaa.org/understanding-anxiety](http://www.adaa.org/understanding-anxiety)

Depression and Bipolar Support Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

### OCD and related disorders

International OCD Foundation  
[www.iocdf.org](http://www.iocdf.org)

### Eating disorders

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### Alcohol and substance use disorders

Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)

### Suicide

Call or text 988 to reach the 988 Suicide & Crisis Lifeline  
[988lifeline.org](http://988lifeline.org)

### Stress management

Stress can complicate mental health problems. The resources below offer strategies and techniques that you might try to shift your stress response.

#### HelpGuide: Stress Management

[www.helpguide.org/articles/stress/stress-management.htm](http://www.helpguide.org/articles/stress/stress-management.htm)

#### WebMD: Ways to Manage Stress

[www.webmd.com/balance/stress-management/stress-management](http://www.webmd.com/balance/stress-management/stress-management)

#### Guided mindfulness practice

Available online from the UCLA Mindful Awareness Research Center<sup>1</sup>.

[www.uclahealth.org/programs/marc/free-guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations)

### Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

<sup>1</sup>Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC).  
© 2021 The Regents of the University of California. All Rights Reserved.

Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.

Use and distribution limited solely to authorized personnel. 881073i 09/23 © 2023 Cigna

