

As we continue to emerge from the pandemic with lessons learned and a heightened focus and awareness of mental health and how to navigate challenging times, there's still plenty to learn. SCHOOLCARE and its partner, Cigna Healthcare, continue to see that the need for mental health services is greater than ever, and having coverage and tools for support at our employees fingertips is critical.

SCHOOLCARE /Cigna's health benefits plans include access to a broad Employee Assistance Program (EAP) with a wide variety of free tools to help you and your staff manage life's stressors.



## Resources for You, Your Employees and Their Families

1

### EAP Program

Available to all employees enrolled in a SCHOOLCARE medical plan and anyone living in their household (even if they are not covered by the employee's health plan). The EAP portal found under the ["Coverage" menu at mycigna.com](#) provides access to no-cost counseling to help cope with a wide variety of concerns from family and financial issues to substance use, emotional health, stress, job and career support and much more.

2

### Wellness Webcasts

This robust [catalog of topics](#) can be viewed on demand to support you, your employees and their families in managing stress, helping children cope with trauma, personal development, financial health, management trainings and more.

3

### Resources for Employers

EAP can also be a valuable tool for managers to address work-related issues including critical incident support, management referrals, on-site and on-demand seminars and managing mental health and substance abuse concerns. Learn more at [schoolcare.org/eap-resources](http://schoolcare.org/eap-resources).

Call 24/7 (877) 622-4327 | Employer ID: SchoolCare  
or visit [myCigna.com](http://myCigna.com)

*\*Employers offering SCHOOLCARE Health Benefit Plans also have access to an expanded catalog of EAP Wellness Seminars and Management Trainings that can be offered as staff training. Contact Jana McCusker for more information.*