

Mental Health Resources

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

nimh.nih.gov

Depression and anxiety disorders

Anxiety and Depression Association of America

adaa.org/understanding-anxiety

Depression and Bipolar Support Alliance

dbsalliance.org

OCD and related disorders

International OCD Foundation

iocdf.org

Eating disorders

National Eating Disorders Association

nationaleatingdisorders.org

Alcohol and substance use disorders

Substance Abuse and Mental Health

Services Administration

samhsa.gov

National Institute on Alcohol Abuse and Alcoholism

niaaa.nih.gov

rethinkingdrinking.niaaa.nih.gov

Suicide

Call or text 988 to reach the

988 Suicide & Crisis Lifeline

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

helpguide.org/articles/stress/stress-management.htm

WebMD: Ways to Manage Stress

webmd.com/balance/stress-management/stress-management

Guided mindfulness practice

Available online from the UCLA Mindful Awareness Research Center¹.

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.

1. 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.

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