

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. The Employee Assistance Program (EAP) offers assistance and support for all these concerns and more.

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- Depression
 - Stress Management
 - Relationship difficulties
 - Financial and legal advice
 - Parenting and family problems
 - Child and elder care support
 - Dealing with domestic violence
 - Substance abuse and recovery
 - Eating disorders
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EAP Counseling Benefits

You may be eligible for counseling sessions at no cost through your Employee Assistance program. To access your EAP counseling benefits, you need to get authorization before your in-person appointment (telephone appointments do not require authorization, but they can be scheduled online). You can do this online by logging in and clicking on “Look Up Your Benefits”.

Behavioral Benefits

For routine, outpatient behavioral service, you do not need authorization, except in a very limited number of cases. Simply log in and find a Psychiatrist or Therapist.

The Cigna website

The Cigna website www.cignabehavioral.com includes valuable resources for managing your stress, work/life balance and personal wellness. The website includes several self-assessment tests to learn more about your health, including your risk for depression to help guide you if you should seek help from your doctor.

The site includes the following features:



Benefits Information



Therapist Search



Education & Resources



Interactive Self-Assessment Tools



Forms

2 Ways to Access

- Call **(877) 622-4327**
- Visit www.cignabehavioral.com and enter **dallascityhall** as the ‘Employer ID’. This service is available 24/7.