

Mental Health Awareness

Offerings through your
Employee Assistance Program (EAP)



**Mental health isn't just personal;
it impacts your workforce too.**

Wellness seminars available through your Employee Assistance Program (EAP) offer a range of topics to help educate and empower your workforce to improve their mental wellness.

Topics available for scheduling include:

General mental health awareness topics:

- Mental Health: Let's Talk About It
- Mental Health: You Can Make a Difference

Condition-specific topics:

- Drug and Alcohol Awareness
- Suicide Awareness
- The Opioid Crisis and You
- Understanding Addictive Behaviors
- Understanding Anxiety
- Understanding Depression
- Understanding Post-Traumatic Stress

Management trainings:

- Manager's Guide: Depression in the Workplace
- Manager's Guide: Mental Health at Work
- Suicide Awareness for Managers



To learn more...

Contact the **Employer Service Coordinator (ESC) team** to discuss topics that will meet your needs and schedule a speaker.

Phone: 800-577-9391

Email:

ESHComments@Cigna.com

Mental and emotional wellness:

- Blueprint for Emotional Wellness
- Eat Well to Feel Well: Food and Your Mental Health
- Emotional Fitness series
- Finding Your Resilience
- Minding Your Mental Health
- Why We Worry and What to Do About It

EAP Wellness Webcasts

Our Wellness Webcast series features webcasts that are available on-demand any time from any device for you and your employees:

- Coping and Resilience in Challenging Times
- Eat Well to Feel Well: Food and Your Mental Health
- Emotional Fitness: Practicing Self-Compassion
- Emotional Fitness: Dealing with Difficult Emotions
- Suicide Awareness
- Suicide Awareness for Managers
- Minding Your Mental Health

Go to Cigna.com/EAPWebcasts to see all available options and to register for upcoming webcasts.



Did you know...

In 2024, EAP wellness seminars reached over **19,000** attendees during Mental Health Awareness Month alone¹.

Additional resources

For seminars in the United States:

- [EAP Wellness Seminars and Management Trainings Catalog \(PDF\)](#)
- [Seminar Request Form](#)

For seminars in Canada, Puerto Rico, and the U.S. Virgin Islands:

- [EAP Wellness Seminars and Management Trainings Catalog for Canada, Puerto Rico, and the U.S. Virgin Islands](#)
- [CA, PR, VI Seminar Request Form](#)

¹Based on internal reporting measures pulled on April 17, 2025.