



Mental Health Resources

Unum (HealthAdvocate):

Available to all employees and dependents.

- Phone support: 1-800-854-1446
- Online support: unum.com/lifebalance
- In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

AllyHealth:

Available to all enrolled AllyHealth members.

- Phone support: (888) 565- 3303
- Online support: Access care through the AllyHealth app or at member.allyhealth.net
- 3 Free mental health visits included in your plan.

Cigna Medical:

Available to all enrolled Cigna members.

- Phone support: You can call the number on your ID card or call 1-800-cigna24.
- Lifestyle management for stress, weight loss, or quitting tobacco, call 1-800-cigna24.
- Online support: Access Virtual Care or see a Local Provider through the myCigna app and at www.myCigna.com.

Resources Available Nationally:

Available to anyone.

- National Suicide Prevention Lifeline:
 - 1 (800) 273-8255
- National Domestic Violence Hotline:
 - 1 (800) 799-7233
 - Text LOVEIS to 1 (866) 331-9474
- Crisis Text Line: Text HOME to 741741
- Suicide and Crisis Lifeline: 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.