**Employee Assistance Program**

Sometimes you just need to talk to someone.

To help address your emotional, physical, family, and legal needs, the Medical Trust offers the Employee Assistance Program (EAP) to clergy and lay members of our medical plans, their covered dependents and any other household members. This benefit provides immediate help, referrals, and resources. The plan covers unlimited telephone consultations and up to 10 face-to-face counseling sessions per issue at no member cost.

The Cigna EAP is a confidential 24-hour service that can help you access the resources you need if you or a loved one wants someone to talk to. It is offered, at no charge to members, as part of the Medical Trust plans.

The trained professional EAP staff can provide:

- 24/7 phone access for behavioral health issues
- Referrals for in-person counseling
- Legal consultations
- Financial services and referrals
- Tips for balancing work and family
- Assistance finding child care and senior care
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There are also online resources on such issues as:

- Emotional well-being and life events
- Family and care-giving
- Health and wellness
- Daily living

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**Accessing Your EAP Benefits**

To access EAP services, call **(866) 395-7794**, 24 hours a day, 7 days a week,

- or -

sign in to **myCigna.com** (employer ID: Episcopal).