

MENTAL HEALTH AWARENESS AND EDUCATION

Understanding mental health

Prepare your employees to better understand mental health with Cigna's certified instructors

Life can be demanding, and with 25% of people suffering from depression,¹ it's likely that you have employees in need of mental health support. That's why it's important to arm your employees with skills to recognize, understand and potentially help someone experiencing a mental health concern.

Knowing that organizations have different needs, we've come up with a selection of education and training options. Choose the one that's right for you.

Mental Health Awareness: 1-hour seminar

- Intended as an overview for audiences up to 100 employees
- Explores how stigma is often associated with mental health
- Learn to better understand and recognize common behavioral issues
- Reviews resources available to support mental health
- Provided by our licensed behavioral clinicians

Mental Health Recognition and Response: 2.5-hour interactive seminar

- Recommended for 20–30 managers and human resource professionals
- Provides the foundational information offered in the Mental Health Awareness session
- Increased focus on how to respond to mental health issues and crises
- Provided by our licensed behavioral health clinicians

Mental Health First Aid Certification: 8-hour skill-based training course

- Provides certification and deeper discussion around mental health and substance use issues
- Interact with a person in crisis to connect them to help
- Includes discussion on trauma, substance misuse and self-care
- Facilitated by trained professionals certified by the National Council for Mental Wellbeing

Your Cigna representative can help you meet your goals with the options we have to offer.

Together, all the way.®

1. Mental Health America, Data Shows Impacts of COVID-19 on Mental Health, June 2020. 2. Evernorth, Health Care in Focus: Three Ways the market is Evolving. March 2021. <https://www.evernorth.com/health-care-in-focus>. 3. Study conducted by Mercer Marsh Benefits. "Health on Demand - Delivering the benefits employees want now." 2021.

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44% of human resources decision makers stated increased access to mental health services will become a long-term solution for their organization.²



51% of employees rated "training for managers on working through mental health, addiction, or family issues" as highly valuable or extremely valuable.³



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

