

# 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,<sup>1</sup> 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.<sup>2</sup>



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



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

