



CIGNA Veteran's Guide to Public Resources

For over 30 years, CIGNA has helped people live healthier, more balanced lives through their Employee Assistance Programs. We fully support our nation's veterans and thank them for the contributions they make daily.

The following public resources have been compiled for all servicemen and women and their families as they transition in and out of military service.

Public Nonprofit and Government Resources for Returning Military

Resource	Description	Access Instructions
Readjustment Counseling Services	This is a Veterans Administration outreach service and is available in all 50 states, the District of Columbia, Guam, and Puerto Rico	Call 800-827-1000 or go to www.va.gov/rcs and click "Find your nearest vet center"
The Military One Source Program for the Marine Corps	Provides a full array of EAP and work/life services for Marines and their families	Call 800-869-0278 or go to www.mccsonesource.com
The Military One Source Program for the Army	Provides a full array of EAP and work/life services for Army personnel and their families	Call 800-464-8107 or go to www.armyonesource.com
The Military One Source Program for the Navy	Provides a full array of EAP and work/life services for Navy personnel and their families	Call 800-540-4123 or go to www.navyonesource.com
The Military One Source Program for the Air Force	Provides a full array of EAP and work/life services for Air Force personnel and their families	Call 800-707-5784 or go to www.airforceonesource.com
U.S. Dept. of Veteran's Affairs - National Center for PTSD	Excellent, comprehensive resource for post-traumatic stress disorder	http://www.ncptsd.va.gov/topics/war.html
Article from the American Psychological Association	Title: "The Road to Resilience"; includes: <ul style="list-style-type: none"> • What is resilience? • Resilience factors & strategies • 10 ways to build resilience • Learning from your past • Staying flexible • Places to look for help 	http://helping.apa.org/featuredtopics/feature.php?id=6
Articles from SAMHSA - United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration	SAMHSA has several articles on anxiety and stress: <ul style="list-style-type: none"> • Tips for Survivors of a Traumatic Event: What to Expect in Your Personal Family, Work, and Financial Life • Anniversary Reactions to a Traumatic Event: The Recovery Process Continues 	http://www.mentalhealth.samhsa.gov/publications/allpubs/NMH02-0139/default.asp http://www.mentalhealth.samhsa.gov/publications/allpubs/NMH02-0140/default.asp

Resource	Description	Access Instructions
GetFit SAMHSA!	<p>GetFit.SAMHSA.Gov is an interactive workplace website that provides information about physical health, mental health, drugs, and alcohol:</p> <ul style="list-style-type: none"> • Reliable information and recommendations • Confidential and anonymous self-screening tools • Up-to-date news and articles aimed at healthy living • Resources to help those faced with substance abuse, physical and mental health issues 	http://getfit.samhsa.gov/
U.S. Department of Health and Human Services - Substance Abuse and Mental Health Services Administration	National clearinghouse for information related to drugs and alcohol. Site includes references on all types of drugs and alcohol, information on treatment and prevention, research, and advice for individuals, families, communities and employers.	http://ncadi.samhsa.gov/
AlcoholScreening.org	Public site sponsored by Boston University to help individuals answer the following questions: Is drinking alcohol harming my health now, or will it be harmful to me later in life? Should I stop drinking alcohol? Am I a binge drinker?	www.alcoholscreening.org

Public Nonprofit and Government Resources for Employers

Resource	Description	Access Instructions
Employer Support of the Guard and Reserve (ESGR)	An agency within the Office of the Assistant Secretary of Defense for Reserve Affairs, ESGR was established to promote cooperation and understanding between Reserve members and their civilian employers. Click links for tip sheets, FAQ list, and other information.	http://www.esgr.org/site/
Drug Free Workplace - Office of National Drug Control Policy	Information and resources for employers on drug-free-workplace programs	http://www.whitehousedrugpolicy.gov/prevent/workplace/
Working Partners for an Alcohol and Drug Free Workplace U.S. Department of Labor - Office of the Assistant Secretary for Policy	Working Partners strives to build a drug-free workforce by equipping businesses and communities with tools and information to effectively address drug and alcohol problems.	http://www.dol.gov/workingpartners/welcome.html

Deployment Health Clinical Center	Contains post-deployment health information designed to assist clinicians in the delivery of post-deployment healthcare to military members. May be helpful to HR managers and occupational medicine staff.	http://www.pdhealth.mil/
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