

June 11, 9:32 am

problem

June 11, 9:41 am

solved

Daughter skipped breakfast and dinner every day last week.



One phone call made the difference.

After noticing a significant drop in her teenage daughter's weight, Mary called her Employee Assistance Program (EAP) for advice. Within minutes, she:

- Spoke with an EAP consultant about eating disorder warning signs
- Received contact information for providers in her area specializing in eating disorders
- Went online and discovered her health benefits included nutritionist consultation
- Researched www.cignabehavioral.com to learn more about how stress and depression can affect weight

Call your confidential EAP any day, any time, for free assistance with information, resources or a referral to help resolve your concerns.

