

September 23, 2:43 pm

problem

**Son's severe mood swings
disrupted family life.**



September 23, 2:58 pm

solved

One phone call made the difference.

After several attempts to talk to his son, Paul called his Employee Assistance Program (EAP). Within minutes, he:

- Spoke to an EAP consultant about various ways to raise the issue with his son
- Received information on how to access assessment for mood disorders through a behavioral health provider
- Received contact information for providers in his area specializing in family counseling – and located their photos and profiles online
- Went on www.cignabehavioral.com to research ways to discuss the issue with his family

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



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