

May 10, 6:12 am

# problem

**Unprepared for returning to work after childbirth.**



May 10, 6:18 am

# solved

**One phone call made the difference.**

Roberta was having a difficult time coping with her new role as a new mother. She spoke with her physician who recommended therapy. She called her Employee Assistance Program (EAP), and within minutes, she:

- Spoke with an EAP consultant about how to manage her feelings of being overwhelmed in her new role
- Obtained contact information for providers in her area specializing in family health – and located their photos and profiles online
- Requested literature about the symptoms of postpartum depression and work/life balance
- Researched [www.cignabehavioral.com](http://www.cignabehavioral.com) for tips on improving emotional well-being

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

**1.800.000.0000**  
**ABC Company**



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