



CONFIDE

IS HERE TO HELP

GET MENTAL HEALTH SUPPORT 24/7/365

You may be dealing with emotional issues due to stress, anxiety or depression. Have concerns about a family member's substance use. Or need help managing a mental health crisis. Confide Behavioral Health Navigator will provide the personal guidance you need when you need it most.

OPEN TO ALL TEAMMATES AND FAMILY MEMBERS

Find a therapist
Get in-the-moment support
Receive online health coaching
Connect with support groups
Access digital resources

CONTACT CONFIDE TODAY

MyCigna.com

ID: *dsg*

877.999.4374

State "Confide"

TEAMWELLBEING