

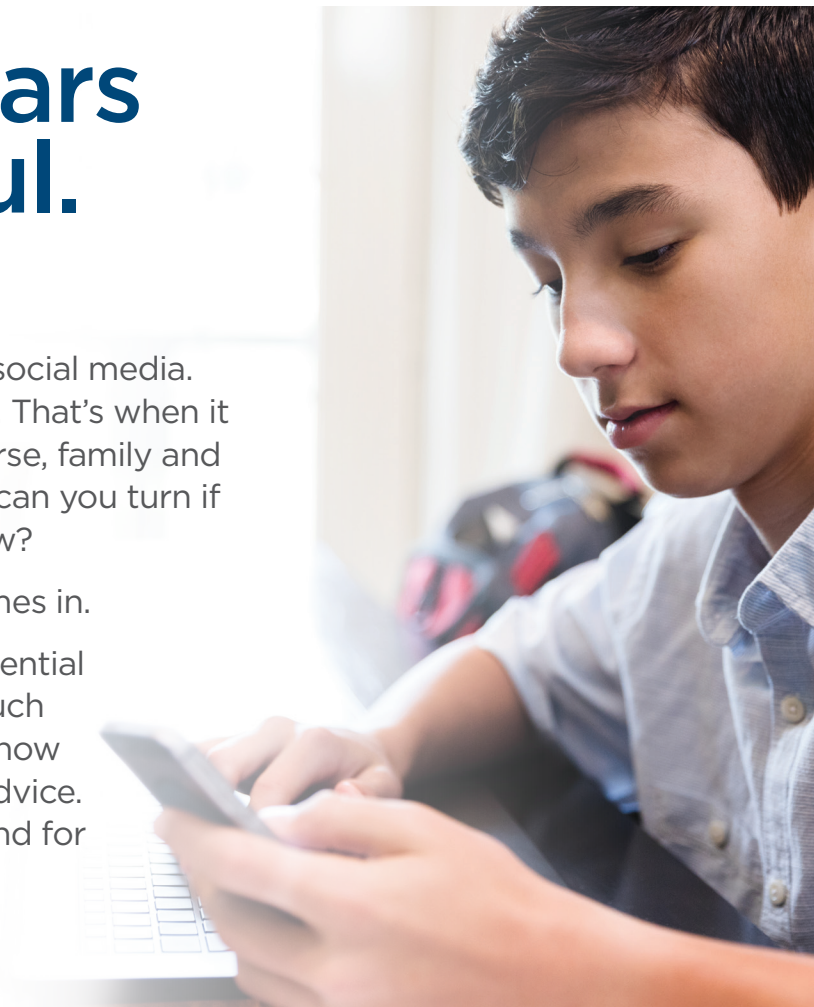
# School-age years can be stressful.

## Let's talk about it.

Homework, bullying, peer pressure, grades, social media. On some days it may all seem like too much. That's when it can really help to talk with someone. Of course, family and friends are a good place to start, but where can you turn if you'd rather not talk with someone you know?

That's where the **School Support Line** comes in.

The School Support Line is a no-cost, confidential service that puts students and families in touch with mental health professionals who know how to listen, ask the right questions, and offer advice. And it's available around the clock for you and for members of your family.



## Need help? Call us.

**No one has to be a Cigna customer to call.** If you go to school, or have a child who goes to school, the **School Support Line was created for you.**



**School Support Line:**

**833-MeCigna**

(833.632.4462)

**We're here 24/7/365**



### **NO COST**

Help is provided at no charge to you. Period.



### **CONFIDENTIAL**

We respect your privacy. You don't even need to tell us your full name.



### **QUALIFIED**

Talk with a trained and experienced mental health professional.



Offered by Cigna Health and Life Insurance Company or its affiliates.



# We understand what you're going through. Now we're answering the call.

That's why we do more than listen. We've done our homework, too, to help us understand what challenges students and their families may face today.

**Don't go it alone.** There are many reasons to seek help. Some are common, others more serious. Either way, talk with us today if you or a family member are dealing with:

- > Anxiety
- > Depression
- > Abuse
- > Eating disorders
- > Bullying
- > Self-harm
- > Addiction
- > Peer pressure
- > Suicidal thoughts
- > Or anything else



If you're struggling with any of these issues, call the **School Support Line: 833-MeCigna (833.632.4462)**

Callers under the age of 14 will need verbal permission from a parent/guardian to access the School Support Line.

**Together, all the way.®**



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