

Important Crisis Phone Numbers

If you or a loved-one is in crisis, please contact one of the numbers below. Counselors are

Cigna customers: You can also call the number on your ID card, or contact your Employee

National Suicide Prevention Lifeline: 1 (800) 273-8255

National Domestic Violence Hotline: 1 (800) 799-7233 or text **LOVEIS** to **1 (866) 331-947**

Crisis Text Line: Text **HOME** to **741741** from anywhere in the USA.

Cigna Veteran Support Line: 1 (855) 244-6211

e available to assist you 24/7.

e Assistance Program.

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