



EMPLOYEE ASSISTANCE PROGRAM

Facing a difficult situation at work? Struggling with personal challenges? Or are you simply feeling overwhelmed?

We all need a little help now and then.

For unexpected financial difficulties, employees may request temporary financial assistance from the [Emergency Loan Fund](#).

And for help with a variety of other issues, employees can find support through the university's [Employee Assistance Program](#) offered by CIGNA.



The Employee Assistance Program provides confidential services to employees, retirees, and household members who are dealing with personal and/or work related problems in an effort to enhance the quality of their lives, to improve personal and organizational effectiveness, and to create a healthier campus community. These services are available to UMaine employees and household members regardless of enrollment in the CIGNA health insurance plan offered by the University.

You don't have to have a big problem to ask for help.

Many people have small issues in which they seek the advice of an independent, neutral professional who can listen to their concerns and give unbiased feedback. And regular workshops are targeted to common issues that affect employees and their families. But CIGNA's EAP professionals are also prepared to deal with serious problems such as addictions or domestic abuse. Counseling is available to assist with a broad range of troubles, whether those affect work performance, or your personal life.

These are just a few of the issues you and CIGNA professionals can address *together*.

**Adoption Support • Crisis Intervention • Conflict Resolution • Child & Senior Care
Emotional Health • Financial Advice • Grief & Loss • Identity Theft • Legal Advice**

Everybody has options.



CIGNA stands ready to assist UMaine employees, retirees and household members in achieving balance and happiness in their work and in their personal lives.

[CIGNA Employee Assistance Program 24/7](#)

Toll Free: 1.877.622.4327

Online: mycigna.com

You will be asked to provide this employer ID: ums



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