

# Life isn't always easy.

## Using your Employee Assistance Program is.

### Meet your EAP Counselor for Hulu employees in Texas!

Whether the challenges you're facing are big or small, Barbara can help you address a variety of topics such as:



**Barbara O'Brien,**  
**MA, LPC**

- + Friends and family
- + Stress reduction
- + Traumatic events
- + New parents
- + Sleep habits
- + Relationship issues
- + Eating disorders
- + Life and job satisfaction
- + Teens and alcohol
- + Substance abuse

Schedule online at  
[disney.cigna.com/eap](https://disney.cigna.com/eap)

Virtual appointments  
available on Thursdays and  
Fridays from 2-5pm.



Your Employee Assistance Program (EAP) benefit provides Disney employees and Cast Members with private and confidential short-term counseling.



Visit [Disney.Cigna.com/EAP](https://disney.cigna.com/EAP) to find out more about your Employee Assistance Program (EAP) benefits.



Call **1-800-952-6676** to speak to Cigna's dedicated advocate team 24/7.