

Life isn't always easy. Using your Employee Assistance Program is.

Meet your EAP Counselor for ESPN employees in Austin!

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

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.