

Real Support for Real Life: Get to know your Employee Assistance Program

Meet the EAP Counselor for ABC News & Networks in New York



Michelle can help you with a range of topics such as:

- Communication with friends and family
- Stress/anxiety
- Traumatic events
- Parenting
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance use

Scan the code or call
1-800-952-6676 to schedule
an appointment.



Walk-in appointments available
Tuesdays from 11am-1pm. Scheduled
appointments available
Tuesdays in person from **11am-8pm**
and **Fridays** virtually from **5am-2pm**

Michelle Ribisi, LCSW

Private and confidential short-term counseling available
to all ABC News & Networks employees in New York City.

EAP benefits are also available 24/7 to you and everyone in your household,
all **at no cost to you.**

Call **1-800-952-6676** to speak to Cigna's dedicated team or
Visit **myCigna.com** or the **myCigna app** for more information.