

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

Meet the EAP Counselor for ESPN Bristol



Michelle Ribisi, LCSW

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.

Appointments available
Wednesdays 10am-8pm and
Thursdays 7am-1pm



Private and confidential short-term counseling available
to all ESPN employees in Bristol.

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.