

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

Meet the EAP Counselor for ESPN in Charlotte



**Lorrie Miller, PhD,
LPC**

Lorrie 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.

Virtual appointments available
Wednesdays from **1-5pm** and
Fridays from **10am-2pm**



Private and confidential short-term counseling available
to all Disney employees at ESPN in Charlotte.

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.