

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

Meet your EAP Counselor for ESPN employees in Texas



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

Barbara 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
are available
Thursdays from 2-8pm



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

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.