

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

Meet the EAP Counselor for the Disney Theatrical in NY



**Natasha McCartney,
LCSW-R**

Natasha 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
Mondays from **12-5pm** and
Tuesdays from **1-6pm**



Private and confidential short-term counseling available to employees & Cast Members at Disney Theatrical 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.