

Employee Assistance Program (EAP)

Pinellas County employees and all members of their household have access to the Cigna Employee Assistance Program (EAP) at no cost. An EAP advocate will provide referrals to health professionals and community resources. All services and records are completely confidential.

ELIGIBILITY

- ▶ All permanent employees
- ▶ Dependents and household members
- ▶ No need to be enrolled in County medical plan

COUNSELING SERVICES

- ▶ **6 counseling sessions, per household member, per issue, per year** on issues such as anxiety, relationship problems, depression, stress or substance use
- ▶ Sessions may be face-to-face or virtual
- ▶ To get started, call the number below or reach out to our onsite EAP Counselor, [Lorelei Keif](#) at (727) 464-4555, opt. 4.

CONSULTATIONS

- ▶ **Legal:** 30 minutes with an attorney, face-to-face or by phone
- ▶ **Financial:** 30 minutes with a qualified specialist by phone
- ▶ **Identity theft:** 60 minutes with a fraud resolution specialist by phone

RESOURCES & REFERRALS

- ▶ **Parenting:** childcare, after school programs, adoption, and more
- ▶ **Eldercare:** home health agencies, assisted living facilities, recreational programs and long-distance caregiving
- ▶ **Pet care:** veterinarians, pet sitting, obedience training

Call Cigna EAP 24/7

(800) 862-3557

Select option 4

Or log in to [myCigna.com](#) and select EAP from the Coverage menu.

Household members without a Cigna account can register with Employer ID: **pinellascounty**

