

YOU'RE NOT ALONE

Learn more about behavioral disorders in children and adolescents

Sign up for free seminars on behavioral health awareness.

Understanding behavioral disorders can be hard. Knowing how to help someone who has one can be even harder.

We understand, and we're here to help – starting with education. Cigna hosts monthly seminars to help you learn more about behavioral disorders in children and adolescents. We offer expert information on coping techniques and caregiver support.

It's free. It's confidential. And it may be just what you need to make a difference.

Real information on real issues.

Each seminar focuses on a different topic. New seminars are featured every month. And each is presented by an industry expert.



1 in 6 U.S. youth age 6-17 experience a mental health disorder each year.*



Learn more today.

Sign up for our **Behavioral Health Awareness for Children and Families** series at [Cigna.com/childrenfamilies](https://www.cigna.com/childrenfamilies). You can also listen to replays of past seminars at this site.

* National Alliance on Mental Health, September, 2019 <<https://www.nami.org/learn-more/mental-health-by-the-numbers>>.

Together, all the way.®



These seminars are for informational purposes only. They are not intended to replace the care or advice of your health care provider. You should always consult with your provider for appropriate care or treatment recommendations and advice.

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