

NATIONAL PATIENT RESOURCE LIST

July 2021

Going through a tough time? Cigna has identified the following resources* that may be able to help make it easier to focus on your health and well-being.

OVERALL ASSISTANCE – HOUSING, FOOD, BILL PAY, TRANSPORTATION, MENTAL HEALTH, ETC.		
United Way's 2-1-1	To get expert, caring help, call 2-1-1 or search the website for a list of resources such as: <ul style="list-style-type: none"> • Health insurance and medical expenses • Unemployment benefits • Family Medical Leave Act (FMLA) assistance • Mortgage, rent, utilities and home internet assistance • Nutrition assistance/food stamps • Mental health and crisis 	Call 211 211.org
Cigna Community Resources	Cigna is making it easier to access a social care network that connects people with programs. Users can search for a variety of services in their local communities, including free or low-cost medical care, food, transportation, housing assistance, and more.	CignaCommunity.AuntBertha.com
Salvation Army	They meet human need without discrimination, providing disaster relief, LGBTQ support, homeless shelters, food pantries, and alcohol/drug rehabilitation, among other services.	SalvationArmyUSA.org/usn
IN TIMES OF CRISIS		
National Domestic Violence Hotline	They provide essential support to help survivors of domestic violence 24/7 through trained, expert advocates offering free, confidential, compassionate support, and referral services in more than 200 languages.	800.799.SAFE (7233) or chat live at TheHotline.org TTY 800.787.3224
National Suicide Prevention Line	They provide 24/7, free, confidential support for people in distress, prevention and crisis resources for patients and their loved ones, as well as best practices for professionals.	800.273.8255 SuicidePreventionLifeline.org
National Sexual Assault Hotline	They offer free, confidential 24/7 hotline and online assistance to support assault survivors. They also educate the public and maintain a state-by-state guide on sex crime statutes of limitations.	800.656.HOPE (4673) Chat live at Rainn.org
The Trevor Project	Trained counselors support LGBTQ youth in crisis, feeling suicidal or in need of a safe and judgment-free place to talk 24/7. Youth can call the TrevorLifeline directly.	866.488.7386 TheTrevorProject.org

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PARENTING AND CHILDCARE		
National Family Support Network	Their programs work in a strengths-based, family-centered approach to enhance parenting skills, foster the well-being of children, prevent child abuse and neglect, increase school readiness, connect families to resources, and promote family economic success.	NationalFamilySupportNetwork.org
MEDICAL INFORMATION AND SUPPORT		
HealthWell Foundation	Dedicated to improving access to care for America's underinsured. They provide financial assistance to help with prescription copays, health insurance premiums, deductibles and coinsurance, pediatric treatment, and travel costs.	HealthWellFoundation.org
National Alliance on Mental Illness (NAMI)	NAMI provides advocacy, education, support and public awareness to help individuals affected by mental illness build better lives. They offer support through a hotline, as well as text and chat options.	800.950.NAMI (6264) Text "NAMI" to 741-741 Chat at Info@nami.org
Substance Abuse and Mental Health Services Administration (SAMHSA)	A National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24/7, information service in English and Spanish, for those facing mental and/or substance use disorders. Providing referrals to local treatment facilities, support groups, and community-based organizations. Callers can also request free publications.	800.662.HELP (4357) TTY: 800.487.4889 FindTreatment.samhsa.gov
NeedyMeds.org	NeedyMeds is a nonprofit that connects people to programs that will help them afford their medications and other health care costs. Watch this brief video: https://youtu.be/wfbelxRr8k4 .	800.503.6897 NeedyMeds.org
UTILITIES AND TRANSPORTATION		
Lifeline Support	Lifeline is a federal program that lowers the monthly cost of telephone and internet services.	LifelineSupport.org
FOOD ACCESS		
Meals on Wheels America	Dedicated to addressing senior isolation and hunger, this national network delivers nutritious meals, and offers friendly visits and safety checks for America's seniors.	888.998.6325 MealsOnWheelsAmerica.org
Feeding America	Each year, this nationwide network feeds more than 46 million people through food pantries, soup kitchens, shelters, and other community agencies.	FeedingAmerica.org
VETERANS SUPPORT		
Hidden Heroes	Hidden Heroes brings attention to military caregivers and seeks solutions for the tremendous challenges and long-term needs they face. They have created a vetted directory of resources to help address the needs of these caregivers.	HiddenHeroes.org/resources

*Cigna does not assume responsibility for any third-party resource listed.

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