

# 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.

**Each year, one out of every five children in America is diagnosed with a mental health disorder.<sup>1</sup>**

**This includes:**

- › Anxiety disorders
- › Attention-deficit / hyperactivity disorder (ADHD)
- › Depression
- › Bipolar disorder



## Learn more today

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

1. Ruth Perou, Ph.D., team leader for child development studies, U.S. Centers for Disease Control and Prevention; May 17, 2013, Morbidity and Mortality Weekly Report.

**Together, all the way.®**



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

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