

Subject: Stress and Mental Health Resources for You
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Feeling overwhelmed? We can help.

Could you use some support managing mental health challenges? You might want to know more about the range of resources the Church Pension Group (CPG) makes available to you. From the Cigna Employee Assistance Program to varied wellness conferences, CPG's programs and services can help promote emotional well-being for eligible clergy, lay employees, and their dependents. To help manage stress and other issues, from depression to addiction, please [check out the options](#) available and spread the word!

Your Mental Health Resources

TAKE CHARGE



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