

Provider behavioral health resources

Cigna Collaborative Accountable Care (CAC)

Dedicated CAC Behavioral Health Line

855.873.6189 | 24-hours/day, 365 days/year

Direct assistance from a behavioral health specialist to help find resources for therapy, psychiatry services, or social determinants of health (SDOH) issues.



Referral options

Three ways to send a behavioral health referral:

1. Call the dedicated CAC Behavioral Health Line: **855.873.6189**.
2. Email: Navigator.Request@Cigna.com.
Response within one business day.
3. Use Cigna iCollaborate®.

Depression action plan

Tool to help patients achieve and maintain effective and continuous antidepressant medication therapy.

[DepressionActionPlan](#)

SDOH support

Find resources to address food insecurity, housing, and other SDOH needs.

- [CignaCommunity.FindHelp.com](https://www.cigna.com/community/find-help)
- [CignaECCSDOHOutreachFlyer](#)

Quick referral guide (QRG)

Behavioral health medical neighborhood

Contact your Cigna Nurse Executive to request your customized, market-specific guide.

[General QRG Link](#)

Virtual behavioral health provider network

Here you will find a menu of virtual behavioral health provider details.

[Behavioral Virtual Providers](#)

Additional resources

Find additional resources for providers:

- Cigna.com | [Cigna.com/health-care-providers](https://www.cigna.com/health-care-providers)
- Provider Newsroom | [ProviderNewsroom.com](https://www.cigna.com/provider-newsroom)

If you have questions or requests, email ECCFeedback@Cigna.com

