



Support for your emotional well-being

Aetna Resources For LivingSM

Imagine you had someone you could talk to any time, day or night. Someone who would listen to you without judging. Someone who could help you find positive ways to handle the issues you're facing.

We're here to be that someone for you.

Emotional support is just a call away

Getting support is easy. Simply give us a call for help with:

- Stress
- Family conflict
- Anxiety and depression
- Substance misuse
- Personal and professional relationships
- Coping with change
- Setting goals and more

When you call us, you'll talk to a trained professional. They'll listen to your needs and help you consider your options.

Continued support on your schedule

You can get a referral to work with a counselor for multiple sessions. Your plan allows a set number of free visits for each issue. You can choose from face-to-face or televideo options.

And there's no limit to the number of times you can call for support. That's always free and confidential.

Whether you're going through a tough time or working to improve your emotional well-being, we're here for you. Give us a call 24/7/365.

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC. and in California for Knox-Keene plans, Health and Human Resources Center, Inc.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).