



## Getting emotional support just got easier

### Aetna Resources For Living<sup>SM</sup>

We know taking care of others all day can make it tough for you to take care of yourself. That's why In response to COVID-19, we're adding a new way for you and your household members to reach out for support.

You and each member of your household can use Talkspace\* to work with a therapist from just about anywhere. It's free and secure for you to use. Talkspace can help you:

- Adapt to changes around COVID-19
- Manage stress and other issues
- Make time for self-care
- Process emotions your job may trigger

**You and your household members can call today and any day until July 22 to get started with Talkspace.**

**1-800-955-6422**

**TTY: 711**

**[www.resourcesforliving.com](http://www.resourcesforliving.com)**

**Username: Westchester Medical Center**

**Password: eap**

## How it works

Simply call your member access number and ask about getting started with Talkspace. You'll be given directions to sign up online. Then you'll be able to:

- Complete a short questionnaire
- Choose a licensed counselor to work with
- Share text messages
- Your counselor will respond within one working day up to five days a week
- Use Talkspace for up to three weeks, either all at once or one week at a time

Talkspace can help you make time for self-care even while you're taking care of those around you.

\*Please note: Talkspace is for individual counseling for members 18 years of age and older. Talkspace should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation.

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