



Open up

You're never too tough to talk Aetna Resources For LivingSM

You're strong. You're used to emergencies. You can handle anything. That's what people think, anyway. But how you look on the outside isn't always how you feel on the inside. It's a good idea to talk about what's on your mind.

We're here for you

Give us a call when you want help with:

- Relationship burnout issues
- Substance misuse
- Stress, depression or anxiety
- Taking care of your own mental and physical health

Confidential services available
24/7.



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. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).