

You're not alone on your wellbeing journey.

Aetna Resources For LivingSM

We're committed to open conversation about mental wellbeing challenges so you can get support for your emotional health in much the same way you do for your physical health.

Given our fast-paced lives and the challenges of our "new normal", stress is inevitable. In this era of uncertainty, many of us experience strains on our mental wellbeing. It's okay to not be okay and help is always available.

We've put together these resources that can help support your mental wellbeing.



Try a quick mindfulness exercise. | Transcript



Good quality sleep supports your emotional wellbeing. **Read our guidebook** to learn how you can get better sleep.



Can you use some help dialing down your stress? **Learn how to set aside more "me time."**



Take a look at our childcare guidebook for information and resources that can help with child care decisions.



When families combine, it can often take time to adjust. **Watch this video** to learn a few tips to make the transition easier. | **Transcript**



Does it sometimes feel like too much to be a working parent? **View this webinar** to help with managing your limited time.



Sign up with myStrength™ for self-paced support with:

- Stress
- Anxiety and depression
- Chronic pain
- Sleep
- Substance misuse
- Nicotine recovery
- Early parenting and more



Take the Talk Saves Lives online training to learn more about:

- Reasons people take their own lives
- Risk and protective factors
- Suicide prevention steps
- How you can help someone who is suicidal

Access the training on your member website under Services > Helpful links.



If you or someone you know may be feeling suicidal, contact:

- National Suicide Prevention Lifeline at **1-800-273-8255 (TALK)**
- Crisis Text Line — Text HOME to **741741**

Visit your member website to access the above resources, tools, articles, videos, webinars, podcasts and assessments on a wide range of topics.





Reach out and connect for support

We're here to provide support to you, all the members of your household and children living away from home up to age 26. Each person can get private counseling sessions at no charge. You can also call for free legal, financial and identity theft consultations.

We can also help you find service providers to meet your needs, including child- and eldercare, home services, car repairs and much more.

Visit the **Stamp Out Stigma website** and pledge to:

- Recognize signs of emotional distress
- Re-educate yourself and those close to you
- Reduce the stigma

You can also share the story of your journey.

Informational resources

- **Let's Talk: Mental Health Stigma | Transcript**
- **Suicide — Having the Conversation | Transcript**
- **Mental health guidebook**
- **Guidebook for understanding and preventing suicide**
- **Talking with friends and family about mental health issues**
- **Children and mental health flyer**
- **COVID-19 toolkit**
- **Support for the school year**
- **More support for the school year**

Call us 24/7 for in-the-moment support and guidance.

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