



Here for you

Support for your emotional wellbeing Aetna Resources For LivingSM

Imagine you had someone you could talk to anytime, 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
- Anxiety and depression
- Personal and professional relationships
- Family conflict
- Substance abuse
- Coping with change
- Setting goals and more

When you call us, you'll talk to a trained professional. He or she will 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 trying to change your behaviors and outlook for the better, we're here for you. And we're always on your side.

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