We’re here for you

**Aetna Resources For Living**

**Kids, job, bills, health, world events. Life — it happens to all of us.**

Some days it can be tough to manage the competing priorities in our lives, and keep it all running smoothly. If you need help with everyday issues that are becoming a little hard to handle, or you find yourself in a crisis situation, we’re here for you.

Aetna Resources For Living is a confidential round-the-clock service that helps employees and their families balance the demands of work, life and personal issues.

We can offer support and resources for your concerns around parenting issues, work-related situations, relationship problems, substance abuse or even self-improvement.

Services are available to you and anyone in your household. Your program offers short-term counseling with a licensed clinician for you and each household member.

**Work, life and everything in-between**

Sometimes life can become work and work can become your life. Either way, we’re here to help you balance the two. Maybe you just need someone to talk to about a recent transition or conflict at work, or maybe you’re looking for some guidance with your personal relationships.

Just a call or click away, we can confidentially discuss your situation and help you find resources and information on issues including:

- Mental health and well-being
- Personal and professional relationships
- Substance abuse
- Family life
- Daily stress
Confidential conversations

When you call us, a trained professional will confidentially help you assess your needs and provide referrals to local counselors. We have community and professional services available, such as psychologists, marriage and family therapists and substance abuse counselors, to help you balance your work and home life.

Ready when you are

We’re available whenever you are. We’re here 24 hours a day, 7 days a week either by phone or online. If it’s not convenient to call, you can find resources and self-help tools for your personal, family and work-related concerns on the member website.

There is no charge to you or your family for using the service. If you choose to use any referrals to additional resources, their charges, if any, would be your responsibility. Check your company benefits plan for coverage of those additional services.

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