



Support

20 ways to use your Employee Assistance Program (EAP) Aetna Resources For LivingSM

You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

We're here for small issues, big problems and everything in between. Check out this list of reasons why people often contact us.

We can help you and your family members with:

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|---------------------------------------|----------------------------------|---------------------------------------|
| 1. Managing stress | 8. Growing your confidence | 15. Grieving a loss |
| 2. Parenting | 9. Managing anger | 16. Caring for elderly family members |
| 3. Building closer relationships | 10. Being assertive | 17. Meeting your goals |
| 4. Improving your finances | 11. Planning for your estate | 18. Having a legal consultation |
| 5. Coping with anxiety and depression | 12. Coping with substance misuse | 19. Getting out of your comfort zone |
| 6. Dealing with illness | 13. Balancing life and work | 20. Getting the life you want |
| 7. Finding child care or summer camp | 14. Saving for your future | |

You can call us for free assistance 24/7/365.

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, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).

