



Everyday help for everyday living

Confidential services
available 24 hours a day,
7 days a week

Aetna Resources For LivingSM

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No matter what you need, we're here for you.
Help is just a call or click away.

Want better relationships? We can help.

Got stress? Let's talk through it.

Feeling sad? You're not alone.

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.