



Call us

It's cool to call Aetna Resources For LivingSM

Is your life feeling out of control? Don't keep it to yourself, call us!

We can help. We have articles and videos on our website about stress, worklife balance, relationships and much more. We also offer online webinars, telephone consultations and access to individual counseling. And it's all free and confidential.

Call when you need help with:

- Worklife balance
- Alcohol or substance misuse
- Parenting issues
- Stress, depression or anxiety
- Budgeting and finances

Confidential support.
Anytime, day or night.

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, 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).