



You can overcome alcohol abuse. Get the help you need now. There are people out there who are willing to help you make the necessary changes.

We're here 24/7, 365 days a year. Call or log on today.

Alcohol abuse

Aetna Resources For LivingSM

Alcohol abuse can destroy families and friendships, ruin your health, cost you your job and more. Most people cannot stop alone. By recognizing this you put yourself in a better place to accept help and to succeed in recovery.

Asking for help is a sign of strength. We're here to help with substance abuse and other work and life challenges.

Learn how to:

- Handle problems in a positive manner
- Develop better relationships with your parents, teachers, coworkers, spouses, children
- Take responsibility for your life
- Feel good about yourself and your future
- Improve your physical and mental health

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.