



# In out of the rain

## Get back to being you Aetna Resources For Living<sup>SM</sup>

Sometimes the everyday stresses and strains of life keep you from enjoying the things you used to do.

If you're feeling anxious, blue or just not your "old self," we can help you find ways to make life a little easier.

- Get help with relationship issues, work problems, daily stress and more
- Assess your risk for depression
- Get free, confidential counseling to help you through the "rough" spots

We're here for you 24 hours a day, 7 days a week. Call us anytime for free, confidential support.

**Aetna Resources For Living<sup>SM</sup> 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. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. 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 [aetna.com](https://www.aetna.com).

