



Here for you

Get back to being you Aetna Resources For LivingSM

Sometimes the everyday stresses and strains of life can 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.

Call us for free and confidential emotional support 24 hours a day, 7 days a week.

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