



Support for teens and parents

Aetna Resources For LivingSM

No one ever said growing up was easy. Talking things over with a counselor can make the journey a little easier.

Let us help you and your teen face the challenges of adolescence together. You or your child can call us for:

- Unlimited in-the-moment support
- Free counseling for teens and parents
- Support with serious issues such as substance misuse, depression, anxiety and more
- Help with setting and working toward life goals

You and your teenage child can call us 24/7 for confidential support.

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. 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).