



Strong

You're never too tough to talk
Aetna Resources For LivingSM

You're strong. You're in control. Not much bothers you. That's what people think, anyway. But sometimes how you look on the outside isn't how you feel on the inside. It's a good idea to talk about what's on your mind.

Support when you need it.

We're here for you

Give us a call when you want help with:

- Relationship issues
- Substance abuse
- Balancing work and family
- Stress or depression

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.

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