



Support

Sometimes things happen that weren't on your calendar Aetna Resources For LivingSM

When unexpected events happen, feeling stressed, anxious or sad is understandable.

You might need someone to talk to. You may even need ongoing support. We're here for you.

- Call us to speak confidentially with a professional counselor. We can help you assess your needs and give you referrals if necessary.
- Find resources and information online that may help you cope with how you're feeling.
- Contact us anytime, day or night.

Confidential support.
Anytime, day or night.

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