



# Support

## 20 ways to use your Employee Assistance Program (EAP) Aetna Resources For Living<sup>SM</sup>

You've got a lot on your plate. Balancing work and family can be tough. And you probably have projects you want to spend time on, too. Sometimes it can feel like you have to do it all, all by yourself. Your EAP is a power tool you've already got in your life toolbox. You don't have to wait until things break to call us. Getting help with issues you're facing can save you time and stress.

**We're here for small issues, big problems and everything in between. Check out this list of reasons why people often contact us.**

We can help you and your family members with:

- |                              |   |                                       |
|------------------------------|---|---------------------------------------|
| 1. Managing stress           | 8. Growing your confidence              | 15. Grieving a loss                   |
| 2. Parenting                 | 9. Managing anger                       | 16. Caring for elderly family members |
| 3. Relationships             | 10. Being assertive                     | 17. Meeting your goals                |
| 4. Improving your finances   | 11. Recognizing drug and alcohol issues | 18. Improving your happiness          |
| 5. Working through conflicts | 12. Coping with substance abuse         | 19. Coping with depression            |
| 6. Dealing with illness      | 13. Balancing life and work             | 20. Getting the life you want         |
| 7. Communicating with others | 14. Feeling overwhelmed                 |                                       |

Your EAP is free, confidential and  
available 24/7/365. Call us anytime.

**Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies. 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)**

