

Reach out for in-the-moment support

Resources *for* Living®

I'm concerned about you. You've always seen a way through life challenges and recently you told me you feel lost. I care about you and want to help.

Since the loss of my friend I have been feeling lost.



I don't know what to do and I feel like giving up.



When you say, "give up" do you feel like giving up on life?



Maybe it would be better for everyone if I did give up on life.



You're not alone. Talking with a counselor can help.



Do you think there's a counselor available to speak to me now?



Yes, you can talk with a counselor anytime, 24/7.



When someone expresses hopelessness or talks about giving up on life, don't dismiss what the person may be going through. Listen without judgment or offering advice. Then offer options for them to seek help. Remind them that everyone needs help at times and it's a sign of strength to reach out for support.

If you think the person may harm themselves, please do not leave them alone. Help them connect to a counselor who can give them in-the-moment support.

If you or a loved one is in crisis call the Suicide and Crisis Lifeline at **988**.

You don't have to struggle alone.



Member Engagement Specialist: Hi, this is Resources for Living. How may I help you today?

I think I need to speak to a counselor right now. I'm struggling and need some support.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. There may be other explanations for any or all of the above [behaviors/ characteristics/ symptoms]. This information is not a complete list of all signs concerning such [behaviors/ characteristics/ symptoms] and should not be used as a stand-alone instrument. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice.