



Resources that help you be your best

Aetna Resources for LivingSM

You and your household members have access to an array of articles, videos, live and on-demand webinars, assessments and more. Categories include:

Life and relationships	<ul style="list-style-type: none">• School search• Child and eldercare provider searches	<ul style="list-style-type: none">• Balancing work and family• Pets• Wellness assessments and resources
Mental health and addictions	<ul style="list-style-type: none">• Depression• Suicide prevention	<ul style="list-style-type: none">• Mental health awareness• Mental well-being terms
Resource centers	<ul style="list-style-type: none">• Stress• Crisis and disaster	<ul style="list-style-type: none">• Self-improvement• Trauma, grief and loss

You have a world of information right at your fingertips.
Log on to [Aetna.com](https://www.aetna.com)
Go to Health & Wellness > Mental Wellbeing > Connect to Resources

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