



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

You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

**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
2. Parenting
3. Building closer relationships
4. Coping with anxiety and depression
5. Dealing with illness
6. Communicating with others
7. Growing your confidence
8. Managing anger
9. Being assertive
10. Recognizing drug and alcohol issues
11. Coping with substance misuse
12. Balancing life and work
13. Feeling overwhelmed
14. Grieving a loss
15. Caring for elderly family members
16. Meeting your goals
17. Improving your happiness
18. Managing your financial stress
19. Getting out of your comfort zone
20. Getting the life you want

You can call us for free assistance 24/7/365.

**Aetna Resources For Living<sup>SM</sup> 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, Health and Human Resources Center, Inc.**

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).