

20 ways to use your Employee Assistance Program (EAP)

Aetna Resources For Living℠

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. Improving your finances
5. Coping with anxiety and depression
6. Dealing with illness
7. Finding child care or summer camp
8. Growing your confidence
9. Managing anger
10. Being assertive
11. Planning for your estate
12. Coping with substance misuse
13. Balancing life and work
14. Saving for your future
15. Grieving a loss
16. Caring for elderly family members
17. Meeting your goals
18. Having a legal consultation
19. Getting out of your comfort zone
20. Getting the life you want

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

1-855-283-1917; TTY: 711 / enter
Username: USD443 / Password: eap

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