

When tragedy strikes — we're here to help.

## Aetna Resources For Living<sup>SM</sup>

Aetna Behavioral Health is offering its telephonic Employee Assistance Program resources to parents and students who have been impacted by the school shooting in Connecticut. We're here for you.

Affected individuals can contact Aetna EAP at **1-888-AETNA-EAP (1-888-238-6232)** for telephonic consultation or general information and resources.

We have experience dealing with traumatic events and are available to provide specific interventions as needed. The Aetna EAP line is available immediately and will stay open to employees and family members for the next 45 days.

### The EAP offers short-term counseling on all aspects of life, including:

- Addictive behaviors
- Anxiety
- Anger management
- Caregiver counseling
- Child counseling
- Coping with a life change
- Depression
- Divorce counseling
- Domestic violence
- Eating disorder situations
- Eldercare issues
- Emotional/psychological concerns
- Family counseling
- Grief issues
- Legal or financial stress
- Loss and grieving
- Marital or relationship difficulties
- Difficulties
- Organizational change
- Personal and life improvement
- Stress management
- Substance abuse
- Work stress



And that's not all.  
Need to talk? Just give  
us a call. We're  
available 24 hours a  
day, 7 days a week.

**1-888-238-6232**

**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, Aetna Health of California, Inc. and Health and Human Resources Company, Inc.**

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

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 [www.aetna.com](http://www.aetna.com).