



Support

20 ways to use your Employee Assistance Program (EAP) Aetna Resources For LivingSM

You've got a lot on your plate. Balancing work and family can be tough. And you probably have projects you want to spend time on, too. Sometimes it can feel like you have to do it all, all by yourself. Your EAP is a power tool you've already got in your life toolbox. You don't have to wait until things break to call us. Getting help with issues you're facing can save you time and stress.

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:

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|------------------------------|---|---------------------------------------|
| 1. Managing stress | 8. Growing your confidence | 15. Grieving a loss |
| 2. Parenting | 9. Managing anger | 16. Caring for elderly family members |
| 3. Relationships | 10. Being assertive | 17. Meeting your goals |
| 4. Improving your finances | 11. Recognizing drug and alcohol issues | 18. Improving your happiness |
| 5. Working through conflicts | 12. Coping with substance abuse | 19. Coping with depression |
| 6. Dealing with illness | 13. Balancing life and work | 20. Getting the life you want |
| 7. Communicating with others | 14. Feeling overwhelmed | |

Your EAP is free, confidential and available 24/7/365. Call us anytime.

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