



# Resources that help you be your best

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

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

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

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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