



Resources that help you be your best

Aetna Resources for LivingSM

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

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

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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