



# Reach out

We put help in the palm of your hand with  
**telephonic counseling**  
Aetna Resources For Living<sup>SM</sup>

Today's hectic lifestyle can create stress, depression, anxiety and other personal issues. But you don't have to handle these things alone. You have access to expert clinical help. And it's just a phone call away.

### Here's how it works...

With phone counseling, you get immediate, personalized help.

- Speak with a counselor anytime, anywhere.
- You get a professional's help without ever having to travel to an office appointment. All you need is a phone.
- You can connect with a clinician who will work with you to help resolve your problems and reach your goals.

### We're just a phone call away

Counseling by phone can help you reach your goals with:

- Easy, 24/7 access to clinicians
- Personalized attention to your needs
- Multi-lingual accommodation

Confidential services are  
available 24 hours a day,  
7 days a week.

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