



## Alcohol abuse

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

Alcohol abuse can destroy families and friendships, ruin your health, cost you your job and more. Most people cannot stop alone.

There are very few things in life that any one individual can accomplish completely by themselves. We are all interdependent. By recognizing this you put yourself in a better place to accept help and to succeed in recovering from your addiction.

#### Action to take if you think you have a problem

Admitting you have a problem is the first step to getting help to regain control of your life. Tell someone you trust so you don't have to face your concerns alone.

The next step is seeking help and finding support. Asking for help is a sign of strength. Aetna Resources For Living is here to help with substance abuse and other work and life challenges.

#### Learn how to:

- Handle problems in a positive manner
- Develop better relationships with your parents, teachers, coworkers, spouses, children
- Take responsibility for your life
- Feel good about yourself and your future
- Improve your physical and mental health

Addictions can be overcome and there are people out there who are willing to help you make the necessary changes. Get the help you need now. We're here 24/7, 365 days a year. Call or log on today.

**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)