



Substance abuse

Aetna Resources For LivingSM

Anyone can be an addict—rich or poor, old or young, male or female. Many people who have problems with addictions work and have families. Often, people have more than one addiction.

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

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 coworkers, spouses, children
- Take responsibility for your life
- Feel good about yourself and your future
- Improve your physical and mental health

Recovery offers hope and freedom. Get the help you need now. We're here 24/7, 365 days a year. Call or logon today.

Aetna Resources For LivingSM 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