

Get the support you need to feel your best



Aetna® Student Assistance Program



It's very common to have stress from school, your job, bills and more. And it can often be tough to handle everything. So if you could use a little help with daily issues or you find yourself in a crisis, know that we're always here for you.

Count on us to help enhance your wellness

You and your dependents (including children up to age 26, whether or not they live at home) can get support for personal challenges 24 hours a day, 7 days a week. And there's no cost to you — it's already included in your benefits plan.

Get support to help with all parts of life, including:

- Relationships
- Emotional well-being
- Stress and anxiety
- Alcohol or other drug misuse
- Depression
- Grief and loss

Plus, you're entitled to:

Professional help with daily living

You and your dependents can call us for help finding providers to meet your needs. A work/life specialist will get to know you and find options within your budget.

Legal and financial services

Your plan also includes expert legal and financial guidance. Simply call us for a free consultation and information about reduced rates for continued services.

Help whenever and however you want it

You and your dependents can call us anytime, day or night at **1-877-351-7889 (TTY: 711)**. Our counselors provide free, unlimited, in-the-moment support. Plus, you and your dependents can get up to six free, face-to-face or televideo sessions with a master's level therapist.



Don't forget these helpful resources



Log in to your member website at AetnaStudentHealth.com
or visit aetnasap.com
to access videos, articles, webinars and more



Visit MindCheck® at mindchecktoday.com
to assess how you're feeling, and get tools to help lower your stress and keep a positive outlook.



Download the Aetna® Resources For LivingSM mobile app.
It has many free resources like stress-busters, a mood tracker and more.



Call us anytime, day or night
[1-877-351-7889 \(TTY:711\)](tel:1-877-351-7889)

Visit aetnasap.com to learn more:

Username:

Access Code:

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC. and in California for Knox-Keene plans, and Health and Human Resources Center, Inc.

The Student Assistance Program (SAP) is administered by Aetna Behavioral Health, LLC. All SAP calls are confidential, except as required by law. SAP educators and participating providers are independent contractors and are not agents of Aetna. Aetna does not oversee or control the services provided by these persons and does not assume any liability for their services.