Convenient and confidential.
Available 24 hours a day, 7 days a week.

1-800-342-8111
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Login: sdsu
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Living well...
is just a phone call away.

Resources For Living:
Your Employee Assistance Program

Resources For Living EAP services provide you with confidential access to assistance and resources to help you live and work well.

Aetna 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 and Aetna Life Insurance Company (Aetna).

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All EAP calls are confidential, except as required by law (i.e., when a person’s emotional condition is a threat to him/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

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Your Employee Assistance Program (EAP)

Help for life’s challenges - large or small

As your EAP, our goal is to help you find solutions for both life and work challenges. Our professionals offer counseling and support services, help you create solutions and identify resources to address your concerns — and help you live well!

- Emotions
  - Stress management
  - Anxiety and depression
  - Grief and loss
  - Mood swings

- Relationships
  - Healthy marriages
  - Social development
  - Conflict resolution

- Work
  - Worklife balance
  - Personal growth
  - Workplace relationships

- Day to day
  - Money management
  - Legal information
  - Education planning
  - Pet care

- Family care
  - Child care/elder care
  - Adoption
  - Healthy pregnancy
  - Parenting skills
  - Strong families

- Healthy living
  - Fitness
  - Weight management
  - Chronic illness prevention and management
  - Addiction assistance

Easy to use. Confidential. Convenient.

EAP services are provided to help with emotional, relationship, health and workplace issues.

And they can assist with everyday matters - from finding child care to finding a plumber - or from getting legal help to getting out of debt. That means you save valuable time and can focus on what matters most.

Information, resources and tools are available online as well. So whether the need is a major challenge or an everyday matter, help is there by phone or with the click of a mouse.

Services are confidential and available 24/7 at no charge. Call or click today...and start living well!

Resources For Living...

...offers solutions for living well at home and at work. We provide confidential support for a variety of concerns, from coping with stress to information and support on financial issues, child care, relationships and other life challenges. Our goal is to help you live a happier, more fulfilling life — today and every day.

Resources For Living

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