Connect with a counselor online anywhere

Aetna Resources For Living℠

Your issues are unique and counseling should match that.

You have the option of meeting with a counselor anywhere at your convenience with televideo. It's simple. Just use your webcam with any computer or smart device that's connected to the internet.

Call on us for help anytime

What would you like to work on? When it comes to using your free sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions. You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

Support made easy

Like face-to-face sessions, you and your counselor can see each other and work on reaching your goals. It's the next best thing to being in the same room. Without the drive time.

You can still see a counselor in person. Your provider can help you determine which option is a good fit for you. With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

Now you can decide where you want to use your free counseling sessions. So you can be at home while we help you feel at home.

When you call us for a referral, you've got new choices. Televideo makes it easier than ever to see a counselor on your schedule.

800-342-8111 (TTY: 711) / resourcesforliving.com
Username: Calexico / Password: EAP

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