



Reach out

Support on your schedule

Aetna Resources For LivingSM

Sometimes reaching out for emotional support can feel like one more thing to add to your to-do list. With chat therapy,* you can work with a counselor anytime and just about anywhere. It's as easy as 1-2-3 to get started. Simply:

- 1. Complete** a short online questionnaire.
- 2. Choose** a therapist from a list of suggested providers.
- 3. Connect** with a counselor virtually.

What it's for

Work on the same kinds of issues you'd see a counselor face-to-face to talk about. Chat therapy can support you with:

- Stress management
- Work/life balance
- Family issues
- Grief and loss
- Depression
- Anxiety
- Substance misuse
- Self-esteem
- Personal development and more

**Please note:* Chat therapy is for individual counseling for members 13 years of age and older. You have 120 days from the date you sign up to use your sessions. Chat therapy should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation.

How it works

Share text, video or audio messages with your counselor whenever you like. Your counselor will respond within one working day up to five days a week. Without making an appointment or driving to a provider's office, chat therapy can help you:

- Lower your stress even when life keeps you super-busy
- Make time for self-care
- Set and work toward your goals

Best of all, it's free and secure for you to use. Simply log on to your member website to sign up for chat therapy today. You can continue to access chat therapy services after you have completed your EAP (or pre-paid) sessions.

To learn more about chat therapy and other options for ongoing emotional support, give us a call. We're here for you 24/7.

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All EAP calls are confidential, except as required by law. Chat therapy services are provided and managed by Talkspace, Inc., an independent third party. Aetna does not oversee or control the services provided by or recommended by Talkspace and does not assume any liability for their services. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).