



Better together

You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.

Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.



Sacred Heart University
888-238-6232; TTY: 711
resourcesforliving.com
Username: SHU
Password: eap

We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.

Real solutions for real life
Aetna Resources For LivingSM

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resourcesforliving.com
Username: SHU
Password: eap

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24 hour confidential access

Life happens.

Stress less.

Live more.

Emotional support

“I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love.”



Emotional support — Talk to someone about what’s on your mind — stress, relationships, anxiety, depression and more. Meet face-to-face, by video stream or get in-the-moment support by phone.



Daily life assistance — Let our specialists help you solve everyday issues and provide referrals for caregiving needs.



Member website — Check out video resources, articles, assessments, webinars, podcasts and more.

Legal and financial



Legal — Speak with an attorney for things like guidance on small claims court, family or domestic issues and identity theft support.



Financial — Discuss budgeting, credit and more with a financial expert.



Aetna Resources For LivingSM

No matter what you need, we’re here for you.

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