

Mental health checkups: Why they matter.

Aetna Resources For Living

In recent years, the need for better care of our mental health and well-being has become a topic of discussion in families, communities and government organizations. There's always been a focus on keeping our bodies healthy. Now we're acknowledging our mental health is just as important.

According to the National Alliance on Mental Illness, millions of people in the U.S. are affected by mental illness each year. This shows the need to raise awareness, reduce stigma and advocate for our mental wellness.

Mental health check-ups

Mental health symptoms may not be as noticeable as the flu, but checking in with a Resources For Living counselor can help you to notice if you're struggling. You can call anytime just to talk about any changes in your feelings, mood or behaviors. You can become more aware of how you manage stress and anxiety.

A counselor can help you learn new ways to manage sadness, worry or other overwhelming feelings. Taking action early to treat your symptoms can reduce the chance of things getting worse.

When it feels like too much

If you're struggling with depression, anxiety, fear, low self-esteem or lack of interest in things you used to enjoy, give us a call or make an appointment with your onsite counselor.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).