You're not alone

Feeling stressed about going back to work? Let us help | Aetna Resources For Living℠

Are you getting ready to go back to work after a COVID-19 shutdown or furlough?

If so, it's only natural to have questions and concerns like:

- How should I prepare?
- Where can I get help if I need it?
- What resources are available to help meet my family's needs?

It's normal to be anxious

After weeks of sheltering at home, staying socially distanced, and changing all your routines of daily life, how could you not feel anxious? You may still be worried about getting COVID-19. Or about bringing it home to your family once you're back at work. These are all real fears.

As your employer moves toward re-opening and bringing staff back on board, they're working to provide a healthy workplace. Check with your manager and Human Resources contact to ensure you know the latest safety precautions, policies and recommendations.

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We're here for you

You can call us anytime to get support with:

- **Your finances.** Many people are stretched to their financial limits right now. We can provide you with financial and legal assistance, in the case of debt, tenants' rights, bankruptcy, family law and other issues.
- **Your family needs.** For you to return to work, you need to know your family is well cared for. We get that. We can connect you with childcare and eldercare referrals.
- **Your emotional support.** You — or any member of your household — may need counseling or group support to get through this transition. We can identify peer groups or mental health professionals who can give that much-needed support at this time.

You're not alone

Remember, as we face this unprecedented time, we're in it together. We all have needs. We all have concerns. But we can do it!

Please call on us for any type of emotional support or practical services you may need.

1-800-342-8111
www.resourcesforliving.com
Username: HDIEET
Password: EAP

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