

Cupertino Unified School District

Mental Health Resources



Aetna Employee Assistance Plan – Resources for Living

- **Emotional Wellbeing Support:** Employees can access up to 6 counseling sessions per issue each year. Members can call Aetna 24 hours a day for in-the-moment emotional well-being support.

Counseling sessions are available face-to-face, online with televideo or by phone. Services are free and confidential. Counselors are available to help with a wide range of issues, including:

- Anxiety
- Relationship Support
- Depression
- Work/life balance
- Family Issues
- Grief and loss
- Self-esteem and personal development
- Substance misuse and more

- **To access Resources for Living: 800-342-8111, TTY: 711/resourcesforliving.com**
- **User name: CUSD Password: EAP**