



Stronger together

Support Toolkit for first responders

Aetna Resources For LivingSM

After a crisis, it can take time to find a “new normal.” We’re still here for you.

Please don’t hesitate to use the resources outlined below or just give us a call. You can find even more information on our website.

- [Emotional recovery after a crisis guidebook](#)
- [Mental health and PTSD awareness guidebook](#)
- [Stress after a difficult event](#)
- [Compassion fatigue](#)
- [Coping with trauma](#)
- [Too tough to talk poster](#)

Sometimes it helps to take a step a back. How are you feeling? How are others doing? Here are some resources to help you do just that:

- **myStrength** — A personalized emotional health tool offering proven self-help resources.
- **MindCheck** — Online tool to see how you’re feeling, lower stress and help maintain a positive outlook
- **Campaign to Change Direction** — Pay attention to and learn the healthy habits of emotional wellbeing

You don’t have to recover from a crisis alone. We’re here to help. Just visit your member website or give us a call 24 hours a day, seven days a week.

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