



Mental health + COVID-19: You're not alone

The uncertainty, isolation and fall-out caused by COVID-19 can make you feel alone. But you're not alone.

You are surrounded by people who will listen; quickly guiding you to mental health support to help you solve a problem early before it becomes a major concern.

Talk with your employer ...

Share your concerns with your boss or line manager, a mental health first aid employee liaison, an HR representative or a trusted co-worker. They can help you access self-help tools and professional services available as part of your well-being benefit or Employee Assistance Program.

... or talk with a health care professional.

Make an appointment with your family doctor, speak to a CARE team clinician or connect digitally with a qualified doctor via a virtual service such as vHealth*.

Act now. Take the first step on your journey towards better mental health.

Have questions?

- Ask your plan sponsor/employer about your policy cover and well-being benefit.
- Connect with a primary care physician or counsellor through vHealth* or Aetna Well-being via the Health Hub – your secure member website.

- Speak to a CARE team clinician for advice via the Health Hub or by calling us at the number on the back of your member ID card.
- Download the Wysa app for confidential, anonymous support via a chatbot buddy or to connect with a Human Coach.

Learn more

Discover how to protect your mental health during the COVID-19 pandemic and beyond. Visit Aetna International's 'COVID-19 resources' and 'Mental health support resources.' Follow Aetna International on social media: [in LinkedIn](#) | [Twitter](#) | [Facebook](#)

You're not alone. Getting help today makes for a better tomorrow.

Mental health resources: <https://www.aetnainternational.com/en/about-us/explore/workplace-mental-health-support-resource.html>

Health Hub: <https://www.aetnainternational.com/members/login.do>

*For those eligible

[AetnaInternational.com](https://www.aetnainternational.com)



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