


## How to access Mental Health Resources on the member website

1. Login to aetna.com by entering your username and password. If this is your first time logging in, you can create an account by entering your social security number or ID number found on your ID card.
2. Scroll down toward the bottom right of the home page to “Member Resources”. Click on “Mental Health Support & Services”

### Member Resources

Our Total Rewards philosophy is straightforward — see your benefits.

[Benefits Moments](#)



[Coronavirus Resource Center](#) →

[Consumer Medical](#) ↗

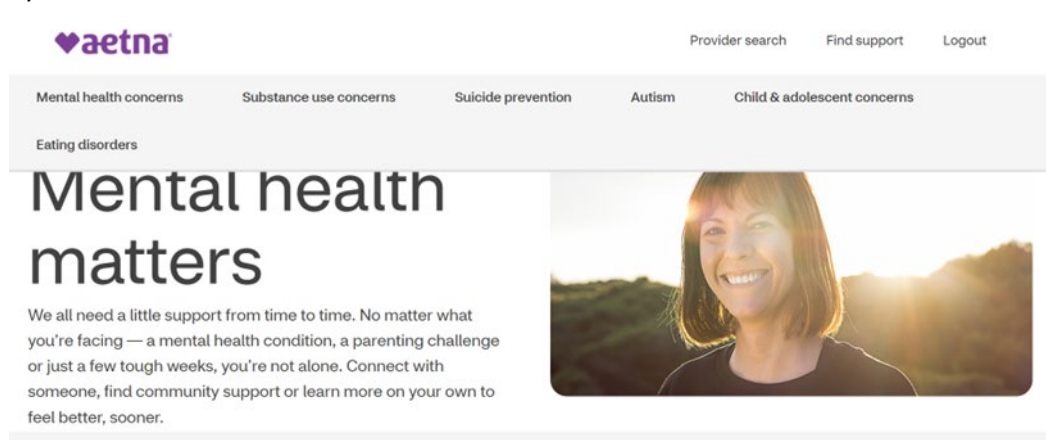
[Talkspace](#) ↗

[Well-being Resources](#) ↗

[Mental Health Support & Services](#) ↗

[Cancer Support Center](#) →

3. The link will take you to the Mental Health support home page where you can find support for a variety of concerns.



The screenshot shows the Aetna website's mental health support page. At the top left is the Aetna logo. On the top right are links for "Provider search", "Find support", and "Logout". Below these are navigation tabs for "Mental health concerns", "Substance use concerns", "Suicide prevention", "Autism", and "Child & adolescent concerns". Under "Mental health concerns", there is a sub-tab for "Eating disorders". The main heading reads "Mental health matters". Below the heading is a paragraph: "We all need a little support from time to time. No matter what you're facing — a mental health condition, a parenting challenge or just a few tough weeks, you're not alone. Connect with someone, find community support or learn more on your own to feel better, sooner." To the right of the text is a photograph of a smiling woman with short brown hair, looking towards the camera against a bright, sunlit background.

4. You can also call the following phone numbers with any questions related to mental health. Both phone numbers are listed on the back of your ID card.
  - **Mental/Behavioral Health Services** 1-800-424-4047
  - **Concierge Line** 1-833-359-0123