Support for caregivers

Taking care of a loved one can be rewarding, but also demanding. Many caregivers, in fact, experience physical, emotional, and mental exhaustion — a condition called "caregiver burnout."

Your Employee Assistance Program (EAP) offers a wide range of resources, available at no extra cost, to help you:

- Receive free confidential counseling, in-person or online.
- Find local support services.
- Find ways to take care of yourself and manage your stress.
- Address financial concerns.

These resources can help you recognize the signs of caregiver burnout and find the support you need:

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for "caregiving" on the website to read articles that can help you and your loved ones.

Anthem.

Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-800-999-7222.
- Go to **anthemEAP.com** and enter your company name.

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