

# Personalized support for autism caregivers



Caring for a loved one with autism spectrum disorder can feel overwhelming. Every person diagnosed with this condition has their own unique challenges and strengths. In addition, most people with autism require a high level of care.

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

- Learn about autism spectrum disorder.
- Connect with resources and services.
- Build a support network.
- Be an advocate for your loved one.
- Take care of your own needs.

These resources can help you better understand autism and find the support you need to care for a loved one.

## Professional counseling

Caregivers can 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 “autism” on the website to read articles that can help you and your loved ones.



## Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-800-999-7222.
- Go to [anthemEAP.com](https://www.anthemEAP.com).