

# 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.



## 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://anthemEAP.com).