



# Taking care of others – and yourself

## Learn about caregiver support from your Employee Assistance Program (EAP)

If you're caring for a loved one, it's important to take care of yourself too. Your Employee Assistance Program (EAP) can help. We have specialists who can help you manage your situation and find resources. You can get support for going back to work after taking leave. You can also get connected with services like counseling, child care and senior housing. Ask your EAP team for help — because caregivers need care, too.

Log on to our website this month to read these feature articles:

- Take care of yourself while caring for others
- What is self-care?
- Helping older adults
- The sandwich generation: caregivers in the middle

Visit [anthemEAP.com](https://anthemEAP.com) Login: Commonwealth of Virginia or call 1-855-223-9277 for free, confidential help from our team of EAP experts.\*



*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://anthemEAP.com) Login: Commonwealth of Virginia y selecciona español.*

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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