When a Loved One Has a Mental Health Condition

**Caring for somebody with a mental illness can be a challenge.** But you don’t have to go it alone. Your Employee Assistance Program (EAP) offers:

* Assessments and referrals to resources
* Support as you help your loved one
* Strategies for taking care of yourself

Your EAP is confidential, customized for your needs, and available at no cost to you.