

CAREGIVER STRESS

When Life Becomes Work



July 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Although caregiving has many rewards, it can also have an impact on your own wellbeing as roles shift and responsibilities must be juggled. There are many tools available to help you manage these challenges.

SupportLinc provides confidential counseling, resources and referrals to help you take care of yourself so you can better take care of others.

WEBINAR

Caregiver Stress
Available July 1, 2021
Located in the Monthly Feature Tile

Learn ways to preserve your health and wellbeing while caregiving.



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