



Celebrate Caregiving. Support Caregivers. Prioritize Well-Being.

Caregiving Awareness Month honors the dedication, challenges, and invaluable contributions of caregivers across all communities. It's a time to recognize their efforts, raise awareness about their needs, and provide meaningful support in both personal and professional spaces.

How Individuals Can Acknowledge and Celebrate Caregivers

- **Say Thanks** – Send a note, card, or text to acknowledge their care and effort.
- **Lend a Hand** – Drop off a meal, run errands, or offer a break—without being asked.
- **Share Their Story** – With permission, highlight their journey to spread awareness.
- **Give a Gift** – A small, thoughtful item like a book, gift card, or playlist can mean a lot.
- **Check In** – Ask how they are doing—beyond their caregiving role.

Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

**Your company name is your username and password

How Caregivers Can Celebrate Themselves

- **Take Breaks** – Rest without guilt, even for just 10 minutes.
- **Acknowledge Yourself** – Reflect on your strengths and all you do.
- **Connect** – Talk to other caregivers who understand.
- **Set a Boundary** – Say no or delegate to protect your peace.
- **Treat Yourself** – Enjoy something just for you—no excuses needed.

How Can National EAP Help?

► Member Portal Disability Resources:

Explore a rich library of articles, webinars, and tools.



Log in and search "Caregiving" to find relevant content.

► Wysa: Mental Resilience App

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



► Work-Life Resources:

From caregiving-related legal and financial guidance to help navigating elder care, child care, or chronic illness support, our resource network is available 24/7.



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