

# You're busy caring for others, let us care for you

If you're feeling overwhelmed by the ongoing pandemic and heavy emotions that come with caring for others, you are not alone.

You may be experiencing feelings of sadness, frustration, anger, grief, guilt, and so much more. Know that whatever feelings you have, they are valid.

We are here to provide you with free, confidential support.



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Contact Canopy to speak with a counselor 24/7 at:  
800-433-2320 text: 503-850-7721 [my.canopywell.com](http://my.canopywell.com)



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