

# 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.**



SCAN ME



**HEALTHCARE  
PROFESSIONALS  
EAP**

powered by:  canopy

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



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