



A Message from your EAP

## *Are you a Caregiver to a Spouse or Aging Parent?*

*You are not alone*

Caregivers experience high levels of stress. The American Psychological Association named caregivers as 1 of the 3 most-stressed groups in America.

You may be so focused on your loved one that your health suffers. Clear signs of depression and excessive stress include feeling worried, overwhelmed and hopeless, irritable, tired, and a loss of interest in your favorite activities.

*Don't go it alone*

Accept help! Talk to family and friends or a health care provider. Seek professional counseling through your EAP, its Free!

Every few days, make plans that get you out of the house. Take a walk or eat out with friends. Utilize the Elder Care Services benefit through your EAP.

Family Service of the Chautauqua Region, Inc. offers "Caregivers Chat" This is an open ended support group, no need to call first: at no cost. We meet the 4th Tuesday of the month from 12:15 to 1:45 pm Christ First United Methodist Church, 663 Lakeview Avenue, Jamestown, NY

*With each day comes new strength  
& a new beginning.*



We are here when you need us! Remember call your EAP it's FREE!!  
Counseling, Legal Consultation with an Attorney, Financial/Budget Consultation, & Elder Care  
716-488-1971 or 1-888-490-7674