

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

YOUR EMPLOYEE ASSISTANCE PROGRAM

**Self-care for primary caregivers**

When you become a caregiver, whether for children, elderly parents, or both, you shouldn't forget to take care of yourself. Your loved ones can benefit more when you also prioritize your own needs.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Taking Care of the Caregiver**

**NOVEMBER 2023**