Caregiver Stress

Employee Assistance Program

Navigating life's transitions

Office of Research Services, Division of Occupational Health and Safety

65.7 million people in the U.S. are caregivers. 52 million are caring for those with a disability or chronic illness

1 in 6 Americans working full or part-time are caregivers. Are you one of the 1 in 6?

EAP can help! We offer free, confidential counseling for employees dealing with the stress of a caregiving job or caring for a loved one.

Services include assessment, short - term counseling and referral services

To request a confidential consultation call (301) 496-3164.

National Institutes of Health

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