

A photograph of a man and a woman embracing outdoors. The man is on the left, wearing glasses and a grey jacket, with his arm around the woman's shoulder. The woman is on the right, with short white hair, wearing a dark blue top. They are both smiling and looking towards the right. The background is a blurred landscape with green hills and a bright sky.

# Caring

## Supporting families caring for others

### Integrated Service Delivery & Resources For Living

Taking care of a child, family member or friend who has a medical, behavioral health or substance misuse issue can be tough. That's why we're here.

Simply give us a call to connect with a well-being partner. We'll connect you with resources that can help meet your needs. Let us do the heavy lifting of finding service providers and resources in your area that work with your budget. For instance, we can suggest child or elder care options so you can find more time for self-care.

Our well-being partners are available Monday - Friday, 8 a.m. - 8 p.m. and 8 a.m. - 5 p.m. ET on Saturdays. ET at no cost to you. Let us connect you with daily life assistance, support groups, self-care strategies and more.

If you or someone in your home acts as a caregiver for a child, family member or friend we're here to listen and suggest resources that can help.

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