

NOVEMBER 2023



# Caring for the Caregiver

## ONLINE SEMINAR

People who experience caregiver stress can be vulnerable to changes in their own health. In this session we will explore how to cope with caregiver stress while supporting our loved ones.

To access the online seminar, visit your home page starting November 21<sup>st</sup>.

- Click this link:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

**USERNAME: MSU**

**PASSWORD: MSU**

- Scroll down and click on “Online Seminars”

24/7 Counseling Support: **800-413-8008 #2**

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.



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