



Mental Health Trends Caregivers Need to Know About



Mental Health Support

Mental health support is a huge part of how we help working caregivers, and with our finger on the pulse of the mental health space, here are the latest trends we're seeing:



Rising Costs

It's not getting any easier to pay for therapy and other mental health needs; the cost burden has already led to 33% of Americans discontinuing therapy because of cost-related concerns.



Virtual Therapies

There has been a significant increase in the availability of mental health resources, and many people are turning to digital mental health services to reduce obstacles related to transportation, location and scheduling.



Practicing Mindfulness

The practice of mindfulness continues to increase in popularity due to our fast-paced and often stressful world. Body awareness, emotional regulation and introspection are among the mindfulness habits that make the biggest positive impact on mental health.

Stay on top of your mental health with a Cariloop Care Coach. Here's how we can help:

- Finding an in-network therapist, psychiatrist or support group
- Providing ideas on how to communicate with loved ones about mental health
- Sending education and resources about diagnoses and managing specific needs
- Helping caregivers prioritize self-care
- Supporting ongoing needs and concerns

Don't wait any longer to prioritize and care for your mental health. Connect with a Care Coach through your employer benefits tool or call **972-325-5836**.