

May is National Mental Health Awareness Month:

Nurturing Your Mental Health While Caregiving



Caregivers encounter many challenges that can impact mental health. The day to day strains and crises encountered can lead to increased risks of anxiety and depression. This presentation discusses mental health concerns for caregivers and offers proactive strategies to nurture your mental health while supporting another.

Join us for this interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact **Mary Catherine Lundquist** at lundqumc@ubhc.rutgers.edu or call **Care2Caregivers** at **800.424.2494**

May 15, 2025 | 1:00-2:00 pm

Click [HERE](#) to register.

After registering, you will receive a confirmation email containing information about joining the meeting.