

# THE CAREGIVER SUPPORT PROGRAM



## Connecting Caregivers to Mental Health Support and to Each Other

Whether you're caring for an aging or disabled loved one, managing multiple demands of career and family, or feeling new stressors related to togetherness, studies show the psychological toll of caregiving can lead to significant increases in:

- Frustration
- Anxiety
- Guilt
- Exhaustion
- Loneliness
- Depression
- Substance use

When you improve your mental health, those you care for will benefit, too. Asking for help is not a weakness, but a necessary step in providing the best care possible to those who depend on you. Mental healthcare is essential healthcare.

### ABOUT THE PROGRAM:

Denver Springs' Caregiver Support program is an online Intensive Outpatient Program (IOP) specifically for caregivers

- Simple, safe and secure on your smartphone or computer
- Initial assessment is available via phone, online chat or in person 24/7, with no obligation
- Highly-qualified, licensed behavioral health professionals will conduct all sessions
- Evidence-based treatment program includes:
  - Cognitive behavioral therapy
  - Acceptance and commitment therapy
  - Interpersonal therapy
  - Mindfulness-based cognitive therapy
- Nine hours per week for four to six weeks



**Denver Springs**

*There's hope. There's help.®*

8835 American Way | Englewood, CO 80112  
720.643.4300 Fax: 720.643.4301

**denversprings.com**