



# Autism Awareness, Care, and Support

If you care for a loved one with autism, you know it's not easy. The rewards can be great, but it requires a lot of time and energy. Your Employee Assistance Program (EAP) can help you:

- Learn about autism spectrum disorder
- Connect with resources and services
- Build a support network
- Be your child's biggest advocate
- Take care of your own needs

Your EAP is confidential, customized for your needs, and available at no cost to you.