



Supporting mental health, together.



When someone you care about is struggling with their mental health, it's hard to know what to say or do—and it can be emotionally draining for you, too.

That's where Cariloop comes in. Our Coaches are here to help you navigate it all with personalized support. We can help you:

- ♥ **Find the right provider:** Let us do the research and find a qualified mental health professional that meets your specific needs. We'll find a good fit for your location, budget, and schedule.
- ♥ **Get caring support:** It helps to know you're not alone. We'll connect you or your loved one with a local or virtual support group to share experiences and learn from others going through similar challenges.
- ♥ **Navigate difficult conversations:** Each mental health journey is unique and deeply personal. Conversations can be sensitive – we'll give you the tools and strategies for open, supportive communication.

Getting started is easy:



Active your account or
log in at the URL below.



Open a case and connect
with a Coach.



Your Coach will start working on
your case right away.

Log in to get started

cariloop.com/register