

Caring for someone else shouldn't mean losing yourself.

Get support that helps you feel clear, capable, and more like you — even in the middle of everything you're holding.

In network and available at through your health plan!

When you finally feel supported

"Veronica was my therapist and throughout my experience I never felt alone. She was there with me along the way. I saw a significant improvement with my symptoms and through this, I was able to learn how to manage my emotions and really understand the value of self-care. Thank you Veronica for everything."

— Kristel, Meru Health user

What is Meru Health?

Therapist-guided support designed to help caregivers manage stress, overwhelm, and the emotional weight of showing up for others.



Support when moments are hard

Text with a licensed therapist during the moments that feel heaviest. Get replies within hours.



A structured path forward

Twelve weeks with simple, clear milestones that help you regain clarity, restore energy, and feel more capable in your day-to-day life.



Flexible therapy

Sessions that work around caregiving, not limited to business hours.



Daily practices, real relief

Short practices that help you calm your mind, reduce burnout, and create small moments of ease.



Support from others who truly get it

You'll have access to a safe, anonymous community that helps you remember you don't have to carry this alone.



SCAN ME

Get started today

Scan the QRcode or visit meru.us/cignaevernorth to get started.