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Finding the Right Support Group

You are not alone. The right support group can be a great place of comfort where you can talk to people who have been through similar situations and faced the challenges you're facing. You can talk about how you're feeling with people who understand. A good support group can be a network of friends to whom you can turn when you have questions or need help—and in turn, you can be there for them as well.

Source

[Caregiver Action Network](#)

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Article

Dealing With Grief During the Holiday Season

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

Source

[AARP](#)

Article

988 Suicide and Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Source

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Article

Respite and the Faith Community ~ Fact Sheet

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

Adult Day Services and Respite ~ Fact Sheet

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Article

What is Depression?

Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act. Fortunately, it is also treatable.

Source

[American Psychiatric Association](#)

The Arc Virtual Program Library for People with Disabilities

Find online resources through the ARC's Virtual Program Library for people with intellectual and developmental disabilities and their caregivers. This virtual library is a free hub of on-demand activities.

Source

[The Arc of the United States](#)

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