

Coping with Depression

Depression can be common among caregivers and is often a normal response to a difficult situation. If you are experiencing depression symptoms it's important to seek help and support.

[View PDF](#)

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 \(SAMHSA\)](#)

Links

988 Suicide and Crisis Lifeline

Anyone could be struggling with suicide. 988 Suicide and Crisis Lifeline has resources for individuals with neurodivergence, maternal mental health, youth, disaster survivors, Native American/Indian/Indigenous/Alaska Natives, Veterans, loss survivors, LGBTQI+, attempt survivors, and those who are deaf or have hearing loss.

Source

[988 Suicide and Crisis Lifeline](#)

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](#)

Article

Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider

Don't wait for your health care provider to ask about your mental health. Start the conversation with these five tips.

Source

[National Institute of Mental Health](#)

Article

Shake it Off: Boosting Your Mood

Have you ever had a bad mood you just couldn't shake? The good news is that certain healthy habits can help you boost your mood.

Source

[National Institutes of Health](#)

Links

National Institute of Mental Health: Depression

Source

[National Institute of Mental Health: Depression](#)

Links

Anxiety and Depression Association of America (ADAA)

Source

[Anxiety and Depression Association of America \(ADAA\)](#)

Article

How Do I Know if I Am Experiencing Depression?

Depression is a serious medical illness. This article may help you determine if you are experiencing depression, and provide some suggestions for next steps.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Medications for Depression

Depression is commonly treated with antidepressant medications.

Source

[National Institute of Mental Health](#)

Article

Depression and Caregiving

Caregivers are at a high risk for depression. Learn how to recognize depression in yourself and others and how to treat it.

Source

[Family Caregiver Alliance](#)

Showing 1-10 of 10 Results