

Depression and Caregiving

Depression can be common among parents and 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.

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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

Caregiver Depression - What is is and What it is Not

Family caregivers may experience depression. This article provides information about depression including the causes and types of depression.

Source

[Caregiver Action Network](#)

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 \(ADAA\)](#)

Links

Well Spouse Association

Source

[Well Spouse Association](#)

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](#)

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