

Caregiving

Caring for your family member with a disability is a life-changing journey that involves both joyful and challenging moments. Finding valuable resources and services for you and your family can make all the difference!



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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](#)

Links

Today's Caregiver Friendly Awards 2022

Source

[Today's Caregiver Friendly Awards 2022](#)

Books & Guides

The Circle of Care Guidebook for Caregivers of Children With Rare and/or Serious Illnesses

The [Circle of Care Guidebook](#) is intended to help Caregivers navigate through the varied experiences and challenges of rare and serious medical conditions, guided by the insights, achievements, and learnings of other caregivers and experts. The extensive array of topics covered in this Guidebook (nearly 100) underscores the many aspects of life and care that are impacted when caring for a child with a rare disease. Fortunately, there are a wide variety of helpful resources and organizations available to support and direct Caregivers, many of which are also highlighted in this document.

Source

[National Alliance for Caregiving](#)

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](#)

Books & Guides

Taking Care: A Resource Guide for Caregivers

Taking Care: A Resource Guide for Caregivers was created by the Virginia Caregiver Coalition (VCC). Recognizing that every caregiving situation is unique, this comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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](#)

Links

Take Care: Caregiver Community Resources

Source

[Take Care: Caregiver Community Resources](#)

Videos

Fast-Forward: Explore your aging and look into your family's future...

If you could see your family's future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves.

Source

[PBS](#)

Links

Caregiver Tech Tool Finder (CTTF)

Source

[Caregiver Tech Tool Finder \(CTTF\)](#)

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