Caregivers are the unsung family members and heroes that step in and provide the love, care, and support for their loved ones suffering from disability and disease.

• Caregivers are at increased risk for depression and other mental health issues due to the overwhelming burden of caring for their family members and themselves.

• Caregivers may not be aware of resources and support services to help with the stresses of being a caregiver.

**Tips and Tools for the Caregiver:**

• **Find a local support group** – Knowing that you are not alone can help to ease the stress and emotional challenges caregivers face on a daily basis.

• **Make time for yourself** – Burnout is a major issue among caregivers. It is important to take time to recharge, refresh, and simply relax to help keep yourself healthy.

For more information and resources check out these websites:

www.aarp.org/home-family/caregiving/
www.healthychurches2020.org
www.balmingilead.org