MENTAL HEALTH RESOURCES FOR CAREGIVERS

ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

National Alliance for Caregiving

Building partnerships in research, advocacy, and innovation to make life better for family caregivers.

https://www.caregiving.org/

National Respite Network and Resource Center

The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

https://archrespite.org/caregiver-resources/

Georgia's Aging and Disability Resource Center (ADRC)

Main points of access for long-term supports and services for older adults and people with disabilities, including home health care and assistive technology.

www.georgiaadrc.com

Caring Across Generations

Caring Across Generations is working to build real, helpful, thoughtful care systems. They transform cultural norms and narratives about aging, disability and care; win policy change at every level; and unite a powerful coalition across the millions who are touched by care. There is a Georgia guide that can be found via this link:

https://caringacross.org/wp-content/uploads/2024/04/CAG-GA-Lead-PDF_v2.pdf

National Alliance on Mental Illness (NAMI)

With the unique understanding of people with lived experience, NAMI programs and support groups provide outstanding free education, skills training and support.

https://www.nami.org/family-members-and-caregivers/

National Council on Aging

The National Council on Aging (NCOA) is a national nonprofit driving lasting change so more people can age with health and financial security.

https://www.ncoa.org/article/support-for-caregivers-of-people-with-mental-illness-a-practical-guide/

Caregiver Action Network

Caregiver Action Network (CAN) is the nation's leading family caregiver organization. It works to improve the quality of life for tens of millions of family caregivers. These Americans care for loved ones with chronic conditions, disabilities, or diseases. CAN also supports those meeting the living needs of older adults.

https://www.caregiveraction.org/

Cobb Senior Services

Cobb County Senior Services empowers older adults (55+) in Cobb County, Georgia, by providing essential programs and resources that support their ability to live independently and age well.

https://www.cobbcounty.gov/senior-services

ADDITIONAL RESOURCES

These additional specialized resources offer support for individuals in enhancing their mental health and overall well-being.

Guide for Mental Health Caregivers
Mental Health America

A guide developed by Mental Health America for caregivers of someone with a mental health condition, offering resources and support.

Find Help

A platform to find local resources and supports by zip code. Find caregiver support by zip code.

https://www.findhelp.org/

988 Suicide & Crisis Lifeline

The National Suicide & Crisis Lifeline offers any type of support via call, text, and chat. Accessible in many languages.

Family Caregiver Alliance

For more than 40 years, the Family Caregiver Alliance (FCA) has provided expert support, resources and guidance to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia.

https://www.caregiver.org/

RELEVANT BOOKS

The Mindful Caregiver
Nancy L. Kriseman

The Conscious Caregiver
Linda Abbit

Passages in Caregiving
Gail Sheehy

Radical Self-Care for Helpers, Healers, and Changemakers
Nicole Steward

Helping Yourself Help Others
Rosalynn Carter

DIGITAL SUPPORT

Check out these podcasts and social media accounts for intentional digital support.

Happy Healthy Caregivers by Elizabeth Miller

The Caregivers Cup by Cathy VandenHeuvel

Care Out Loud	@wecareoutloud
The Caregiver Space	@thecaregiverspace
Stephanie Muskat	@compassionincareg iving

LOW-COST MENTAL HEALTH CARE OPTIONS

Cumberland Counseling Centers
https://cumberlandcenters.org/

Charlie Health
https://www.charliehealth.com/