



# RISE & RALLY'S CAREGIVER SUPPORT GUIDE

Caring for a loved one with a chronic, complex, or rare condition can be both rewarding and challenging. It's crucial to remember that you are not alone in this journey. This guide is designed to provide you with a comprehensive list of support resources, including support groups, mental health services, therapy options, and online communities, to help you navigate the complexities of caregiving.

## SUPPORT GROUPS

### National Support Groups:

- Caregiver Action Network: Provides resources, peer support, and advocacy for caregivers. [www.caregiveraction.org](http://www.caregiveraction.org)
- Family Caregiver Alliance: Offers information, education, services, and advocacy for caregivers. [www.caregiver.org](http://www.caregiver.org)
- Well Spouse Association: Supports spousal caregivers through support groups and resources. [www.wellspouse.org](http://www.wellspouse.org)

### Local Support Groups:

- Hospitals and Clinics: Many hospitals and healthcare providers offer local caregiver support groups. Check with your local hospital or clinic for availability.
- Community Centers: Local community centers often host support groups for caregivers. Contact your nearest community center for more information.
- Faith-Based Organizations: Many churches, synagogues, and other religious organizations offer support groups for caregivers.



### **Crisis Hotlines:**

- National Suicide Prevention Lifeline: 1-800-273-8255, available 24/7 for anyone in crisis.
- Crisis Text Line: Text HOME to 741741 to connect with a trained crisis counselor.

### **Counseling and Therapy Services:**

- Psychology Today Therapist Finder: A comprehensive directory of therapists and counselors. [www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)
- BetterHelp: Online therapy platform offering professional counseling services. [www.betterhelp.com](http://www.betterhelp.com)
- Talkspace: Online therapy with licensed therapists. [www.talkspace.com](http://www.talkspace.com)

### **Mental Health Organizations:**

- National Alliance on Mental Illness (NAMI): Provides support and education for individuals affected by mental illness. [www.nami.org](http://www.nami.org)
- Mental Health America: Community-based mental health resources and support. [www.mhanational.org](http://www.mhanational.org)

### **Individual Therapy Practices:**

- Cognitive Behavioral Therapy (CBT): Effective for managing stress, anxiety, and depression.
- Acceptance and Commitment Therapy (ACT): Focuses on accepting emotions and committing to personal values.
- Mindfulness-Based Stress Reduction (MBSR): Combines mindfulness and yoga to reduce stress.



### Online Support:

- Facebook Groups: Just go on facebook and search “Caregiver” and many groups will come up that you can choose from.
- Online Forums:
  - Caregiver Action Network Forums: A platform for caregivers to discuss various topics and seek advice.
  - AARP Caregiving Community: A forum for caregivers to connect and share experiences. community.
- Social Media:
  - Join Our Community: Connect with us on Instagram at [@riseandrally\\_](https://www.instagram.com/riseandrally_) for updates, resources, and community support.
  - Rise & Rally’s “All Voices” Podcast: Listen to our podcast for discussions on caregiving, advocacy, and personal stories. Available on major podcast platforms.

### Additional Resources:

- Caregiving.com: Offers articles, forums, and resources for caregivers. [www.caregiving.com](http://www.caregiving.com)
- AARP Caregiving: Provides support and resources for family caregivers. [www.aarp.org/caregiving](http://www.aarp.org/caregiving)

### Self-Care Tips for Caregivers:

- Take Breaks: Ensure you take regular breaks to rest and recharge.
- Stay Connected: Maintain social connections with friends and family.
- Exercise Regularly: Physical activity can reduce stress and improve mental health.
- Healthy Eating: A balanced diet supports overall well-being.
- Seek Support: Don’t hesitate to reach out for help when needed.

### REMEMBER TO CARE FOR YOURSELF TOO!

For more resources, guides, and opportunities to connect with others who share your passion for advocacy, please visit our website at [www.riseandrally.org](http://www.riseandrally.org) and follow us on Instagram at [@riseandrally\\_](https://www.instagram.com/riseandrally_)