



9

Helpful Resources for Caregivers

Your Mental Health Matters

Caregiving can be rewarding. Yet, most caregivers experience conflicting feelings of isolation, grief, compassion, joy and overwhelm as they provide care. A caring role can increase risk for depression and chronic illness, and lead to emotional and physical exhaustion.

Protecting your own mental health is one of the most important things you can do for the person you are caring for:

- ✓ Regular breaks help maintain your physical and mental health.
- ✓ Reducing personal stress will enable you to be a care partner for much longer.
- ✓ Maintaining family and social connections will help you feel less alone.
- ✓ Caring for yourself will directly improve quality of life for the person you are caring for too.

Protect Your Mental Health

Visit the following pages on our website to explore free evidence informed information and resources from CCSMH that support older adults to improve and maintain their wellbeing:

- Anxiety
- Depression
- Social Isolation & Loneliness
- Substance Use
- Wellness in Aging

8 Million

Canadians identify as caregivers.

You are not alone. The important role of caregivers is increasingly recognized and supported across Canada.

One-on-one emotional support, peer support groups, health care system navigation and free educational resources are available online and in-person to support caregivers.

More Self-Care Resources

[Caregivers: Self-Care Helps You Cope](#)

Baycrest

[10 Tips to Avoid Caregiver Burnout](#)

Care Channel

[Practical Insights for Busy Caregivers: Staying Happy](#)

Caregiver Exchange

[Self-Care Tips at Home in Stressful Times](#)

Fountain of Health

[Caregiver Self-Care Tool](#)

National Initiative for the Care of the Elderly (NICE)

[Recognizing and Managing Caregiver Stress](#)

Sage Link

[Cultivating Mindfulness for Well-being Among
Caregivers](#)

Ontario Caregivers Organization

[Caregiver Resources](#)

Canadian Centre for Caregiving Excellence

[Caregiver College](#)

Alberta Health Services



CCSMH

Canadian Coalition for
Seniors' Mental Health
Connecting People, Ideas
and Resources

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