

Mental Health Resources

We recognize that working while caring for family member(s) can be challenging and mentally draining. Keeping your mental health is important and can help you to be healthy. If you are experiencing negative feelings that are unusual for you for more than two weeks, please make an appointment to discuss these symptoms with your primary care provider or another mental health professional. Other mental health providers could be a psychologist, nurse, social worker, or other licensed therapist. Your feelings may include sadness, emptiness, hopelessness, changes in eating and sleep habits, feeling easily agitated or anger, as well as other emotions. Having these feelings are a normal part of your care journey and also experienced by many others. There is no shame in feeling this way.

Your organization may offer mental health support through their employee assistance programs and/or other wellness programs.

If you do not have a health care provider you trust and/or feel comfortable asking your organization for help, consider looking for support through the National Alliance on Mental Health (NAMI). NAMI offers free virtual and in-person support groups throughout the United States. You can also find location specific mental health resources on their website. Enter NAMI and then insert your state's name (for example, "NAMI Indiana") into any online search bar for more information.

Other national organizations can provide contact information for mental health professionals in your community. Visit: <https://locator.apa.org/>

If you experience thoughts of death or suicide or ideas of how to end your life, please call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or <https://suicidepreventionlifeline.org/> . They are a free and confidential service for people in distress that is available 24/7.