

Resource Guide For Caregivers

This guide shares resources for caregivers to support their health and wellbeing. Caregiving is an often overlooked but critical public health issue that affects many peoples' quality of life. To learn more about caregiving:



Listen to a conversation focused on the health of the caregiver, resources, and how data and experience can help drive needed research.

[YouTube Recording](#)



Check out the NNLM Reading Club's selections on this topic. You can find related books, free downloadable discussion guides, customizable promotional materials, and more.

[NNLM Reading Club Resources](#)



Scan QR code to download or view these resources on your device.

General

An overview of caregiving and available resources for caregivers.

MedlinePlus

[Multilingual Support](#)

Centers for Disease Control and Prevention

[Care Plans](#)

AARP

[Support Resource](#)

Caregiver Support Services

[Support Resource](#)

Community

Connect with other caregivers and supporting organizations.

Caregiving Action Network

[Support Resource](#)

Family Caregiver Alliance

[Multilingual Support Resource](#)

US Department of Health and Human Services

[Support Resource](#)

National Hispanic Council on Aging (NHCOA)

[Multilingual Support](#)

Mental Health

Information about managing mental health as a caregiver.

Caregiver Mental Health

(Anxiety & Depression Association of America)

[Multilingual Support Group](#)

Mental Health America

[Mental Health Resources](#)

Substance Abuse and Mental Health

Services Administration

[Multilingual Support](#)

Caregiver Stress

(US Office on Women's Health)

[FAQ](#)

Hotlines

Health information hotlines in English and Spanish.

Su Familia: National Hispanic

Family Health Hotline

[Multilingual Helpline](#)

Health Info Lines

(National Institutes of Health)

[Multilingual Helpline](#)

A Better Balance (Nonprofit

Legal Advocacy Organization)

[Multilingual Legal Advice](#)

Caregiver Assessments

Assessments to get a read on how you're doing.

Help for Caregivers

[Caregiver Assessments](#)

Caregiver Support Services

[Caregiver Assessment](#)

Improve the Health of Caregivers

More data about caregivers can lead to the development of a more robust and connected caregiving network. The NIH *All of Us* Research Program invites more than one million participants to share health data to improve healthcare and research. Learn more about the *All of Us* Research Program and the importance of participating in biomedical research at [JoinAllofus.org/nlm](https://joinallofus.org/nlm).

Who We Are

The NNLM *All of Us* Program Center (NAPC) promotes health, digital, and research literacy in communities who are underrepresented in biomedical research through programs, funding, and resources. Learn more at allofus.nnlm.gov.