

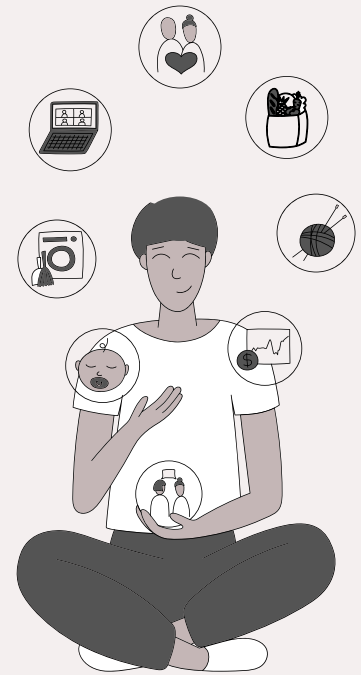
When you are a caregiver

If you are providing emotional, financial, or practical support to someone with a mental health, substance use or gambling concern, you are a caregiver. You may be that person's parent, child, partner, sibling, extended or chosen family member, friend/peer, or colleague.

Your caregiving journey is unique, and taking time to care for yourself is an important part of that journey.

If you are feeling overwhelmed, you are not alone in feeling this. Try to get in touch with what helps you feel calmer.

Here are some resources and online tools to help:



I am new to caregiving and would like to know where to start...

- **Caregivers Nova Scotia** <https://caregiversns.org>
Non-profit organization focused on empowering caregivers through programs, support groups, advocacy, and services all geared toward the unique needs of friends and family giving care.
Toll-free: 1-877-488-7390 *French: 902-233-6794 Email: info@CaregiversNS.org
caregiversns.org
- **Care for the Caregiver** <https://bit.ly/47gbQwO>
Pamphlet* from [Canadian Mental Health Association](https://www.cmha.ca) (national site) on setting healthy limits, practicing clear communication, planning for the future, and taking care of yourself.
cmha.ca
- **Caregiver Resources** <https://bit.ly/3qgtrnE>
Online resources* from the [Mental Health Commission of Canada](https://www.mentalhealthcommission.ca) to help families and carers of loved ones living with a mental health problem or illness find support.
mentalhealthcommission.ca
- **CareHub** <https://carehub.life/>
A collection of easy-to-use services* to help understand health and manage care in one online place; includes caregiver experience questions to help you consider your own needs and how you are doing.
virtualhospice.ca/caregiving

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Taking time for you – alone or with others who are supportive – helps you to better care for someone else.



I would like help improving my own mental health and wellbeing...

➤ **THRIVE Learning Centre for Mental Wellness and Well-Being** <https://bit.ly/43Qqs2V>

Virtual workshops 1 to 1.5 hours on topics ranging from self-care to understanding anxiety; offered by the [Canadian Mental Health Association \(Nova Scotia Division\)](#).

Register online or contact for more details: e-mail: education02@novascotia.cmha.ca or call toll-free: 1-877-466-6606



➤ **Mindfulness, Relaxation Log - TAO*** <https://bit.ly/3OGRpSI>

A variety of mindfulness exercises 2 to 12 minutes each; includes log to track your improvement.



➤ **Parenting and Caregiving Stress - TAO*** <https://bit.ly/3QqDNMp>

Choose sessions on topics such as letting go, anxiety, problem solving, thinking habits, guided imagery, acceptance, physical exercise and sleep habits; 2 to 25 minutes each.



Start by signing up for TAO (Therapy Assistance Online) free: taoconnect.org/what_is_tao/ns/

➤ **Staying Healthy While Caregiving** <https://bit.ly/3KtOqdz>

Self-paced online course with four modules, each 5 to 10 minutes, on strategies for assessing your own needs and staying healthy while caregiving; from [Family Caregivers of British Columbia](#).



➤ **Looking after you** <https://bit.ly/3Qy5jHI>

From [Caregivers Can](#) Caregiver Series*, "Lessons from the airline industry" discusses looking after your health and needs while caring for someone else, with suggestions and tools for basic self-care, managing stress and improving sleep; online module in chapters to do at your own pace.



➤ **Caregiver Relaxation Exercises Series** <https://bit.ly/3QqfcaE>

Videos from 2 to 12 minutes each to teach you deep breathing techniques, practice muscle relaxation and imagery meditation; from [Family Caregiver Alliance**](#)



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I would like to connect with other caregivers...

➤ **Families Matter in Mental Health** <https://bit.ly/3DJbh1a>

Education and support program for family or friends who are providing support to someone who has a mental illness and/or addiction; offered by the [Hope for Mental Health Society](#) in a variety of locations across the province in the spring and fall.



➤ **Family Education and Support Group** <https://bit.ly/44Lq3jH>

Groups offered by the [Hope for Mental Health Society](#), facilitated by family/supporters with lived experience; topics include all aspects of emergency care, treatments, self-care, stress management, self-stigma, financial support.



For program details, email: FamilySupports@hope4mentalhealth.ca or phone 902-465-2601.

➤ **Parents and Caregivers Group - Togetherall*** <https://bit.ly/43Zo4XI>

Connect with other caregivers in this anonymous online community where trained professionals provide guidance to ensure a safe and supportive space. Start here, free by entering your N.S. postal code: <http://account.v2.togetherall.com/register/area> and after registering, join the Parents and Caregivers group here: <https://v2.togetherall.com/group/cl2t3a1ca00256uz87z2xhcw>



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