

“Caring for Them Means Caring for You”

A Toolkit for Mental Health Caregivers

Supporting a loved one with a mood disorder is **powerful** – and exhausting. Caregiving often means putting others first, but **your well-being matters, too**. This toolkit is your space to breathe, reflect, and reconnect with what you need.

Check-In Questions:

- ☐ Have I taken even 15 minutes for myself today?
- ☐ Am I sleeping enough, eating well, and moving my body?
- ☐ Do I feel emotionally exhausted or burned out?
- ☐ Have I talked to someone about how I’m doing?
- ☐ Do I feel supported in my caregiving role—or isolated?
- ☐ Am I setting boundaries to protect my own energy?
- ☐ Do I know what support services are available to me and my loved one?

Caregiver Reminders:

- ✓ You are doing your best, and that is enough
- ✓ Asking for help is a strength, not a weakness
- ✓ Taking care of yourself helps you take better care of others
- ✓ DBSA offers peer support for both individuals and caregivers—explore what’s available

Your **health and peace of mind** are just as important as the person you’re caring for. **Make time for yourself. Seek support. You are not alone.**

