

[Coping with Depression](#)

Depression can be common among caregivers and is often a normal response to a difficult situation. If you are experiencing depression symptoms it's important to seek help and support.

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Article

[988 Suicide and Crisis Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Source

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Links

[988 Suicide and Crisis Lifeline](#)

Anyone could be struggling with suicide. 988 Suicide and Crisis Lifeline has resources for individuals with neurodivergence, maternal mental health, youth, disaster survivors, Native American/Indian/Indigenous/Alaska Natives, Veterans, loss survivors, LGBTQI+, attempt survivors, and those who are deaf or have hearing loss.

Source

[988 Suicide and Crisis Lifeline](#)

Article

[What is Depression?](#)

Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act. Fortunately, it is also treatable.

Source

[American Psychiatric Association](#)

Article

Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider

Don't wait for your health care provider to ask about your mental health. Start the conversation with these five tips.

Source

[National Institute of Mental Health](#)

Article

Shake it Off: Boosting Your Mood

Have you ever had a bad mood you just couldn't shake? The good news is that certain healthy habits can help you boost your mood.

Source

[National Institutes of Health](#)

Links

National Institute of Mental Health: Depression

Source

[National Institute of Mental Health: Depression](#)

Links

Anxiety and Depression Association of America (ADAA)

Source

[Anxiety and Depression Association of America \(ADAA\)](#)

Article

How Do I Know if I Am Experiencing Depression?

Depression is a serious medical illness. This article may help you determine if you are experiencing depression, and provide some suggestions for next steps.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Medications for Depression

Depression is commonly treated with antidepressant medications.

Source

[National Institute of Mental Health](#)

Article

Depression and Caregiving

Caregivers are at a high risk for depression. Learn how to recognize depression in yourself and others and how to treat it.

Source

[Family Caregiver Alliance](#)

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