

Get the Caregiving Support You Need

Caregiving can be isolating, but **there may be more resources and help available than you may think**. This worksheet is designed to help you connect your burnout-related questions or concerns with caregiving resources that can help.

Question or Concern	Caregiving Resources to Consider
I'm having financial trouble with caregiving I'm having trouble juggling work and caregiving	Learn about financial assistance for childcare, including for military families, at ChildCare.gov
	If your caregivee is disabled and on Medicaid, learn about becoming a paid caregiver (or other options if your caregivee is not on Medicaid or is a veteran) at USA.gov .
	Learn about unpaid family medical leave (FMLA), which protects your jobs and benefits, from the US Department of Labor
I need resources for an elderly caregivee	The Administration for Community Living (ACL) provides an eldercare locator , which can help you find resources including your local Area Agency on Aging (AAA). AAAs are public or private non-profits that connect the elderly with services like in-home care, senior centers, community dining, transportation, and meal delivery.
	Search for in-home care, legal help, transportation, housing, and medical services with the Alzheimer's Association and AARP's community resource finder .
	Find additional organizations specific to elderly caregivees on the Caregiver Action Network site .
I need resources for a caregivee with a specific psychological or medical condition	Visit the websites of national organizations or foundations for the condition itself. Many have caregiver pages (like the Parkinson's Foundation), resource search tools (like the American Cancer Society), or helplines (like the Alzheimer's Association).
	Find additional organizations specific to health conditions on the Caregiver Action Network site .

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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I have so many questions about what to do next. How can I talk to someone knowledgeable?	Contact a caregiving expert via phone, email, or chat at the Caregiver Action Network . Conversations are confidential and free.
I need someone to take care of my caregivee temporarily so I can take a break (respite).	Locate respite support through the ARCH National Respite Network .
	Find additional organizations specific to respite on the Caregiver Action Network site .
I need help with something specific.	<p>The Caregiver Action Network has a wealth of information on topics like:</p> <ul style="list-style-type: none"> • Tips for caregiving basics • End-of-life planning • Advocacy (making sure my or my caregivee's rights are respected and benefits are granted appropriately) • Health insurance • Prescription drug costs • Learning how to help with my caregivee's medical care • Clinical trials • Learning about legal documents related to caregiving <p>They also provide a free, confidential helpdesk for any questions you may have.</p>

Are any caregiving resources relevant to my current challenges with burnout?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for Depression](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.