



## Caregiver resources

Many of us will become a caregiver for a loved one at some point. When we are also juggling multiple responsibilities related to family, work, and community, this can cause significant stress.

The *Workplace Strategies for Mental Health*\* site provides a [Caregiver resources](#) page that offers tips and strategies that make it easier to advocate for the health and wellbeing of loved ones.

The article also outlines where to turn for support in areas including:

- Government services
- Healthcare
- Affordable housing
- Nutrition
- Finances

\*Visit [clwsmh.com](https://clwsmh.com) to access *Workplace Strategies for Mental Health* free tools and resources