



Are you a family caregiver?

The National Alliance for Caregiving wants to get a pulse check on the mental well-being of family caregivers, and we want to hear from you.



CALL: 1.888.665.2190
To tell us how caregiving has affected your mental well-being.

Please note that this line is not monitored. If you are experiencing thoughts of harm to yourself or others, or you need someone to speak to, please call 9-8-8 to reach the Suicide and Crisis Lifeline.

If you'd like resources to support your mental and emotional health, text TOUGH to 741741 to reach a volunteer Crisis Counselor, free, 24/7.



We want to know:

- What joys have you experienced as a caregiver?
- How are you feeling about being a caregiver?
- What are challenges you have faced as a caregiver?
- What are concerns you have about providing care?

The message you leave will inform policy and practice efforts to improve support for family caregivers like you! All messages left will be anonymous, with only the transcript being used to help us advocate for change.

Please call today!