



## We care for caregivers

because caregiving can be stressful.

Visit [helpforcancercaregivers.org](http://helpforcancercaregivers.org) to get a personalized Self-Care Guide, access trusted resources on key topics, and connect with social services to help support your physical and emotional health.

### Topics

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Dealing with Feelings

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Keeping Healthy

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Day-to-Day Needs

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Working Together

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Long-Distance Caregiving

*This website includes language and accessibility tools to support non-English speakers and people with accessibility needs.*