



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

11/16/18

November is National Family Caregivers Month

While providing care to a loved one or family member can be rewarding, it can also be very stressful and overwhelming at times. It is important that family caregivers also care for themselves in the process to ensure their own best health and wellbeing. The Caregiver Action Network (CAN) offers 10 beneficial Tips for Family Caregivers who are helping to care for a loved one. "10 Tips for Family Caregivers" can be found at: <https://caregiveraction.org/resources/10-tips-family-caregivers>.

www.dmh.mo.gov/dd
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MISSOURI DEPARTMENT OF MENTAL HEALTH