

# Resources to support a caregiver's mental health at work

Nearly 1 in 6 Americans is a caregiver who spends an average of 20+ hours per week caring for a loved one ([AARP report](#)). Caregiving itself can be emotionally taxing and exhausting; and balancing professional responsibilities can exacerbate stress. For employers, there is a clear set of effective strategies: when properly supported at work, caregivers demonstrate fewer costly mental health and physical health challenges, and can bring thoughtfulness and dedication to both the workplace and to caregiving.

## Check out the following resources to learn more about how you can support caregivers:

[A Better Balance New York Workplace Rights Hub](#) provides state-by-state information about legal rights at the workplace.

[A Better Balance's helpline](#) (1-833-633-3222) connects callers to free and confidential information about their legal rights related to mental health and caregiving in the workplace.

[AARP Employer Solutions for Working Caregivers](#) provides employers with an overview of caregiving benefits, how caregiving may impact the business, and examples of caregiving support offered by other employers.

[AARP Meditations for Caregivers](#) offers caregivers of older adults with daily meditations.

[AARP Mental Health Center](#) provides a range of tools, articles, and resources for caregivers of older adults.

[Anxiety and Depression Association of America Peer Support Groups](#) offer individuals with a free peer community to aid with coping and recovery from anxiety or anxiety-related disorders.

[Caregiver's Conundrum: Feeling Torn Between Caregiving and Work](#) offers tips for balancing caregiving duties with professional responsibilities.

[The Emotional Survival Guide for Caregivers](#) helps caregivers of older adults navigate tough decisions, develop strong communication skills, and prevent burnout.

[Harvard Business Review](#) offers 8 tips for creating a Parent Employee Resource Group at work.

[Health Action Council Guide: "Compassion Counts: The Value of Supporting Employee Caregivers"](#) identifies seven actions that employers can take to cultivate a workplace culture that nurtures their caregiver employees.

[Mindshare Partners](#) presents a variety of articles, organizations and resources for parents and employers of parents to aid in supporting parents at work.

[Rosalyn Carter Institute for Caregivers](#) provides caregivers with free, evidence-driven coaching on a one-to-one basis.

SHRM recommends [accommodations](#) for working parents during the COVID-19 pandemic.

[Supporting Caregivers in the Workplace: A Practical Guide for Employers](#) offers in-depth strategies, checklists, and fact sheets to guide employers in creating workplaces that promote the wellbeing of caregivers.