

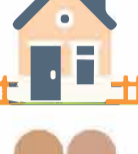




# NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH


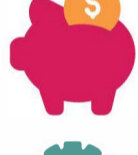

## ABOUT CAREGIVERS<sup>1</sup>

Roughly  
**1 IN 5 U.S. ADULTS**  
(53 million or 21.3%) identify as caregivers

-  **10%** are enrolled in college or other classes
-  **89%** of those caring for adults are taking care of a relative
-  **40%** live with the person they care for full-time
-  **24%** care for two or more adults
-  **27%** help someone with a mental illness



## ISSUES FACING CAREGIVERS

Compared to those who care for someone with a physical condition, caregivers of people with a mental illness are:


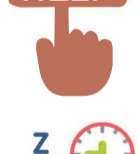




-  **7%** more likely to feel they have been discriminated against at work because of their role<sup>2</sup>
-  **14%** more likely to report high difficulty finding affordable services<sup>3</sup>
-  **11%** more likely to say they didn't receive training<sup>4</sup>

## CAREGIVER MENTAL HEALTH

Caregivers of people with a mental illness are **21% more likely** to feel high emotional stress than those who care for someone with a physical condition.<sup>5</sup>

-  One study found that over 1/3 of caregivers for people with bipolar disorder reported significant symptoms of depression<sup>6</sup>
-  Another study found that 31.5% of caregivers for people with schizophrenia reported psychological distress<sup>7</sup>

## SELF-CARE FOR CAREGIVERS

-  Talk to someone
-  Ask for help if you need it
-  Get enough sleep
-  Take time for yourself
-  Exercise
-  Turn to faith for comfort

If you take steps to care for yourself but feel like you are still struggling with your mental health, visit [MHAScreening.org](https://www.mhascreeening.org) to check your symptoms. It's free, confidential, and anonymous.



**MHA**  
Mental Health America  
**B4Stage4**

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[www.mhanational.org](http://www.mhanational.org)

### Sources

<sup>1</sup><https://www.aarp.org/content/dam/aarp/ppi/2020/05/full-report-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.001.pdf>

<sup>2</sup>Ibid.

<sup>3</sup><https://www.aarp.org/content/dam/aarp/ppi/2020/05/full-report-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.001.pdf>

<sup>4</sup><https://www.aarp.org/content/dam/aarp/ppi/2015/caregiving-in-the-united-states-2015-report-revised.pdf>

<sup>5</sup><https://www.aarp.org/content/dam/aarp/ppi/2020/05/full-report-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.001.pdf>

<sup>6</sup>Perlick, DA, Berk, L, Kaczynski, R, Gonzalez, J, Link, B, Dixon, L, Grier, S, Miklowitz, DJ. (2016). Caregiver burden as a predictor of depression among family and friends who provide care for persons with bipolar disorder. *Bipolar Disord*, 18, 183–191. <https://doi.org/10.1111/bdi.12379>

<sup>7</sup>Ong, H. C., Ibrahim, N., & Wahab, S. (2016). Psychological distress, perceived stigma, and coping among caregivers of patients with schizophrenia. *Psychology research and behavior management*, 9, 211–218. <https://doi.org/10.2147/PRBM.S112129>