

## November Mental Health Moment: National Family Caregivers Month “Caring for Those Who Care for Others”

November is National Family Caregivers Month, a time to honor and recognize the quiet strength of those who provide care and support to loved ones. Whether it's tending to an aging parent, supporting a child with special needs, or helping a family member through illness, caregiving is an act of love that often comes with emotional and physical challenges.



### Caregivers: The Everyday Heroes Among Us

Caregivers frequently balance work, family, and personal responsibilities while placing their own needs last. Over time, this can lead to fatigue, stress, and emotional strain — reminding us that caregivers, too, need care.

Recognizing the dedication of caregivers shines a light on the importance of compassion, patience, and community. It also invites each of us to show empathy — to colleagues, families, and ourselves — as we navigate the many roles we hold.

**This month, take a moment to acknowledge the caregivers in your life and the strength it takes to keep showing up with kindness and love.**



**“To care for those who once cared for us is one of the highest honors.”**