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## Depression and Caregiving

Caregivers are at a high risk for depression. The Family Caregiver Alliance article [Depression and Caregiving](#) will help caregivers to identify symptoms of depression, such as change in eating habits, feeling tired all the time, thoughts of suicide and others. Then the article discusses what to expect from a depression screening and explains treatment options including psychotherapy, medication and ECT therapy, and complementary and alternative therapies. Lastly, the article addresses paying for treatment, strategies to help oneself, and resources, including online screening, finding professionals and websites.

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Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.

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