

# Supporting Suspected CTE Caregivers



Being the caregiver for a loved one with suspected CTE can be an incredible challenge. You may spend so much time caring for your loved one, you neglect your own needs. **Below are a few tips to support your caregiving journey.**

## Look after yourself first

- **Setting aside time for self-care** is an essential part of being a supportive caregiver.
- **Put your own healthcare needs first** and reach out if you need help.
- **Prioritize activities** that build your physical, emotional, mental and spiritual energy such as:



## Create a support network

- **It is important** to build a strong and empathetic network of people who can support you and your loved one. You are not alone.
- **Talk** to a sibling, friend, parent, or therapist.
- **Be open about your experiences** with those who may not see your loved one at their worst.
- **The CLF Mentorship program** is a great way to connect to a fellow suspected CTE caregiver.

*Reach out to the CLF HelpLine at [CLFHelpLine.org](http://CLFHelpLine.org) to find a peer support volunteer to lean on for support.*

## Create a resource tool box

**Suicide Crisis Helpline:** [988](tel:988)

**Questions:** [CLFHelpLine.org](http://CLFHelpLine.org)

**Canadian Family Violence Resources:**  
<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html#a1>



Learn More

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