

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 some tips for caregivers.**

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 to find a peer support volunteer to lean on for support.

Create a resource tool box

Samaritans:
116 123

Questions:
CLFHelpLine.org

National Domestic Abuse Helpline:
0808 2000 247

