

Caregiver Counseling Resources

Levine Cancer Social Workers: request to speak with a clinical social worker to discuss counseling options.

[Find Cancer Therapists and Psychologists in Charlotte, NC - Psychology Today](#) -Psychology Today , Find a Therapist tool to help you find a therapist in your area. (Loula Kontoulas, LMFT) (Dr. Stephanie McDonough, PhD), (Dr. Kelly Scherger, PhD)

[APA Psychologist Locator – American Psychological Association](#) -American Psychological Association, a Psychologist Locator to find a provider in your city and state.

[Caregiver Action Network: Resources for Family Caregivers](#) - **Caregiver Help Desk through Mental Health America**

Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

[Home - Cancer Counseling Collective](#) Counseling for adult loved ones and caregivers

[Caregiving for Cancer Patients | Support Services](#) Caregiving for Cancer Patients | Support Services: Cancer Care provides free, professional support services for caregivers and loved ones, as well as information and resources.

[Caregiver TLC - Home](#) Caregiver TLC - Home , The University of North Carolina at Charlotte in collaboration with The Optimal Aging Center developed the Caregiver Thrive, Learn, Connect (TLC) Program. The virtual Caregiver TLC Program is an evidence-based psychoeducational workshop. Caregivers of loved one's with chronic conditions including dementia learn new skills to improve mental health.

ADDITIONAL RESOURCES

[Tips for Care – AOSW](#) -tips for managing cancer and caregiving

[Cancer Caregiver Resources | Caregiver Guide | American Cancer Society](#) -resource guide

[Caregiving for Cancer Patients | Support Services](#) -podcast and workshops available for caregivers caring for a loved one.

[Caregiver Program | Catawba2020](#) -this program is designed to provide assistance to caregivers. The Catawba Region includes Chester, Lancaster, Union, and York counties in South Carolina.

[Caregiver Support Services Cabarrus County](#) -This program offers support for caregivers of individuals that are 60 and over.

[Family Caregiver Support - Centralina Area Agency on Aging](#) – NC family caregiver support program.