**Mental Health Resources for Caregivers**

- Dr. Vo Mindfulness (https://keltymentalhealth.ca/collection/guided-mindfulness-meditations-dr-vo) and Free Insight Timer for Mindfulness (https://insighttimer.com/meditation-app)

- Caregiver Resources (https://www.familycaregiversbc.ca/for-family-caregivers/welcome-to-top-tips-and-tools-caregivers/)

- Nidus Canada (https://www.nidus.ca/)

- Anxiety Canada Online Program (https://www.anxietycanada.com/)

- Mental Health Recovery Partners (http://www.mhrp.ca/)

- Caregivers Out Loud Podcast (https://www.familycaregiversbc.ca/podcast/)

- Finding a therapist or counselor (Tricia Wallace is in private practice come June and our blog post here: https://www.familycaregiversbc.ca/self-care/how-do-i-find-a-therapist-or-counsellor/)