

## Build Your Care Team

Identify your core care team, including healthcare professionals and your personal support network/system. Keep their contact information handy, as these are the people you will turn to throughout your journey. It always helps to keep contact details handy on a phone or electronic device as well as a piece of paper with contacts written, to be carried in a purse/wallet.

### Healthcare professionals

- Primary care doctor
- Specialists
- Nurses
- Psychologist and/or social worker
- Specialist
- Home care attendant
- Pharmacist
- Other \_\_\_\_\_

### Personal support network

- Family member(s)
- Friends
- Colleagues
- Neighbours
- Counsellor (for your/your care recipient's emotional support)
- Other \_\_\_\_\_

Joining a local caregiver support group is an effective way to connect with others who understand your challenges and can offer valuable tips and tricks for coping with stress. These groups, often offered through foundations, NGOs, or local hospitals, can provide a wealth of knowledge and support. You can search online to see which ones are available in your area. If in-person groups are not feasible, online caregiving forums are a great alternative. They offer connection and access to caregiving “life hacks” from those who know the job best. Whether a group is general or diagnosis-specific, don’t hesitate to explore.

You can reach explore caregivers support groups offered by the following organisations as well: Mental Health Support Foundation, Caregiver Sathi, Agatsu Foundation, FACEMI, SCARF-DEMCARES



Please feel free to contact a counsellor via our Helpline if you or your care-recipient need emotional support at any point. Our Helpline number is **8686 139139**. It is open all days of the week from 9am to 8pm. You can also Email us at [counselling@mantalks.org](mailto:counselling@mantalks.org)

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