

# Finding Mental Health Support for Rare Disease Caregivers



## Why Mental Health Support Matters

Rare disease caregiving is more than a role, it's an emotional marathon filled with ongoing uncertainty, crisis cycles, and grief. The daily demands can be relentless, and without the right support, burnout can set in quickly.

The **'right fit'** mental health care is designed to *meet caregivers where they are*, offering:

- **Safety:** A nonjudgmental space for all feelings, even the ones that feel “wrong.”
- **Validation:** Recognition of both the pride and the exhaustion of caregiving.
- **Stabilization:** Tools to regulate your nervous system, manage stress, and recover after emergencies.
- **Resilience:** Strategies for sustaining your emotional health long-term.
- **Empowerment:** Support in making choices for your well-being without guilt.

### WHO: Choosing the Right Professional

If you're seeking emotional or behavioral support:

- ✓ Choose a therapist, counselor, or psychologist experienced in trauma, chronic illness, and caregiver burnout (LCSW, LPC/CLPC, MFT, LSW, PhD/PsyD).
- ✓ Trauma-informed providers will pace sessions to match your nervous system's capacity and never push you to share more than you're ready for.

If you may benefit from medication:

- ✓ See a psychiatrist, mental health doctor, or nurse practitioner (MD, DO, PMHNP, APN).
- ✓ Look for trauma-informed care that explains options clearly, moves at your pace, and includes your input in every decision.

### WHERE: Finding Mental Health Providers

- ✓ Ask your insurance company or Employee Assistance Program (EAP) for a list of in-network, trauma-informed providers.
- ✓ Search online for “trauma-informed therapist + [your city]” or “psychologist + chronic illness.”
- ✓ Ask trusted friends, family, or other caregivers for recommendations.
- ✓ Check rare disease advocacy groups, nonprofits, and government websites.
- ✓ Contact local or national mental health organizations for referrals.

*Caregivers may have to wait for the “right” provider, in the meantime:*

- National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI
- 988 Suicide and Crisis Lifeline (call or text)
- Caregiver-specific peer support groups (online & local)

### HOW: Questions to Ask

Before the First Session:

- ✓ Have you worked with caregivers or people navigating long-term medical crises?
- ✓ What's your approach to trauma-informed care?
- ✓ Do you accept my insurance? Do you offer telehealth?
- ✓ How do you adjust therapy when someone is under chronic stress?
- ✓ Do you have regular openings that can flex around medical appointments?

After the First Session:

- ✓ Do you think you can meet my needs as a caregiver?
- ✓ How will we create my treatment plan together?
- ✓ Will our goals adapt if my caregiving role changes?
- ✓ How do I reach you in between sessions if I'm in crisis?

You don't have to “earn” therapy by reaching your breaking point — you deserve support now.

Caregivers benefit when providers are aware of:

- Medical trauma — both the patient's and the caregiver's.
- Anticipatory grief and ambiguous loss.
- System fatigue — navigating healthcare bureaucracy.
- Isolation — especially if friends/family can't relate to rare disease realities.