

Caregiving isn't easy, but it builds important parts of who you are—like patience, empathy, and strength.

Secured along your grengths

construction zone stickers to mark when significant changes occurred along your journey.

Make it your own Your caregiving experience is unique, and so is your map. Use

Write, draw, use stickers, or just think
Throughout the map, you'll see prompts and questions with blank boxes below. You can write down your thoughts, draw how you feel, add stickers, or just reflect quietly—whatever works best for your. This is your space.

Match and listen
As you go through the map, you'll see QR codes linking to podcasts and videos of other kids and teens who are also caregivers. These are real stories from people who get what you're going through.

Remember, there are no right or wrong answers.

- What kind of support you might need
- How it's shaped who you are
- How your role has changed over time
- What caregiving looks like in your life

you think about:

Reflect on your story

Each section will guide you through questions and prompts to help

Take your time
There's no rush. Go through each part at your own pace. Take breaks when you need to. Some sections might make you think deeply or bring up emotions. That's okay. It's all part of the journey.

How to use this Journey Map

OR Codes Scan the OR codes placed throughout the map to watch videos or listen to podcasts of other hidden helpers sharing their stories and experiences at different points along their caregiving journey.

These represent moments when something unexpected happens and you may need to pause, go back, or adjust your path. Construction zones can occur at any stage. Use the orange construction zone stickers to mark these points on your journey map.

Emotions Thread
As you move through each point of the journey, take a moment to reflect on how you're feeling. Choose an emotion sticker that best represents your feelings and place it on the red circles labeled "Emotion Check" along the path. Use as many—or as few—as you like.

Journey Map Legend



with confidence.

The care you provide matters—and it helps shape who you are. The strengths you build through your caregiving journey—like patience, empathy, and responsibility—can help you connect more deeply with friends, do your best at school, and face the future

the world who help care for someone in their family.

Throughout the map, you'll also see QR codes linking to videos and podcasts of other hidden helpers sharing their caregiving stories. While we've only included a few voices, it's important to know that there are millions of kids and teens around the country and

honest thoughts and experiences.

As you go through each part of this map, you'll have the chance to think about what caregiving looks like in your life, how it has changed over time, how it's shaped you, and what kind of support you need. There are no right or wrong answers—just your

This journey map is a space just for you—a place to reflect on your experiences as someone who helps care for a wounded, ill, or injured family member. Whether you've been a caregiver for a long time or are just starting to take on a caregiving role, your story and experience matters.

Welcome to your Hidden Helpers Journey Map!

Looking for additional resources and support?

Check out the Elizabeth Dole Foundation's Family Resource Hub, powered by Wounded Warrior Project. It's a one-stop shop with tools, videos, and resources made for military and veteran families—including teens like you.

Visit familyresourcehub.elizabethdolefoundation.org to explore more, or scan the QR code below:



Need to Talk Now?

Crisis Resources for Teens: If you're ever feeling overwhelmed, sad, anxious, or just not okay—know that help is always available. You can talk to someone anytime, 24/7:

Text HOME to 741741 to reach a trained Crisis Counselor through the Crisis Text Line.

Call or text 988, or chat online at 988lifeline.org to talk to someone at the Suicide & Crisis Lifeline.

HIDDEN HELPERS

JOURNEY MAP



PHILIPS



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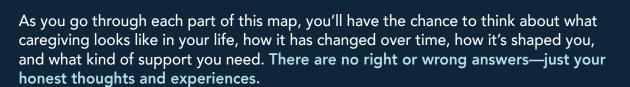
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The care you provide matters—and it helps shape who you are. The strengths you build through your caregiving journey—like patience, empathy, and responsibility—can help you connect more deeply with friends, do your best at school, and face the future with confidence.

Thank you for everything you do.
You are seen, you are valued, and you are not alone.



As you move through each point of the journey, take a moment to reflect on how you're feeling. Choose an emotion sticker that best represents your feelings and place it on the red circles labeled "Emotion Check" along the path. Use as many—or as few—as you like.

Construction Zone

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QR Codes



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 breaks when you need to. Some sections might make you think
 deeply or bring up emotions. That's okay. It's all part of the journey.
- Reflect on your story Each section will guide you through questions and prompts to help you think about:
 - What caregiving looks like in your life
 - How your role has changed over time
 - How it's shaped who you are
 - What kind of support you might need

Remember, there are no right or wrong answers.

- Watch and listen
 As you go through the map, you'll see QR codes linking to podcasts and videos of other kids and teens who are also caregivers. These are real stories from people who get what you're going through.
- Write, draw, use stickers, or just think
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- Make it your own Your caregiving experience is unique, and so is your map. Use construction zone stickers to mark when significant changes occurred along your journey.
- Consider your strengths Caregiving isn't easy, but it builds important parts of who you are—like patience, empathy, and strength.