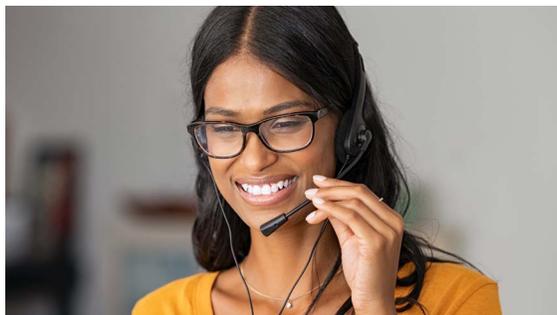




VA Caregiver Support Line

Fact Sheet

The Department of Veterans Affairs (VA) Caregiver Support Line (CSL) is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Our dedicated CSL team provides information on caregiver support services, counseling, educational services, and referrals (electronic notification) to local Caregiver Support Program (CSP) staff at VA medical centers (VAMC).



 **VA Caregiver Support Line**
1-855-260-3274 (toll-free)

Monday – Friday, 8 a.m. – 10 p.m. ET
Saturday, 8 a.m. – 5 p.m. ET

How CSL Can Help

The CSL team can help assist you with understanding your options and the services available to you and the Veteran you care for. We can help you:

- **Learn**
more about CSP, its various services, and program eligibility.
- **Navigate**
barriers to accessing care.
- **Connect**
with the CSP team at your local VAMC, who assist with referrals to local services and enrollment in CSP.
- **Discover**
additional VA and community resources available to help care for a Veteran.
- **Receive**
supportive counseling.

“Helping caregivers process their situation is a big role we play.”

–CSL responder



CSL Services



Counseling with a social worker

Need someone to talk to? Our social workers can provide you with emotional support and counseling during your call.



Monthly CSL Education Calls

We offer free, monthly one-hour telephone education calls for caregivers. These group sessions focus on topics important to caregivers, with a different topic presented each month. Caregivers learn about communication skills, building relationships and connections, self-care, and much more.

To learn more about our group sessions and to register, contact us at 1-855-260-3274. Caregivers who are unable to attend the calls can access presentations online at www.caregiver.va.gov/support-line/presentations.asp.



Program referrals

We can make a referral to your local VAMC CSP team, who will connect you with nearby resources and services as you care for a Veteran. You can find your CSP team using the following locator tool: www.caregiver.va.gov/support/New_CSC_Page.asp.

What to Expect When Calling the CSL

When calling the CSL, you will hear an initial greeting. Please listen carefully to the options to route your call to our dedicated team. We look forward to talking with you.