

Resource of the Month

Caregiver Support Line



Connect with the Caregiver Support Line!

VA's National Caregiver Support Line (CSL) is a toll-free number that provides a variety of services for caregivers, Veterans, and community partners seeking information, education, counseling, and resources. Most CSL services do not require enrollment in VA health care. Here's how the CSL can help:

Call the CSL to ask about:

- Resources offered by the VA Caregiver Support Program (CSP) or available in your local community.
- Eligibility for specialized services.
- How to get started with VA health care enrollment, and more.

Callers do not need to be enrolled in VA health care to access CSL for general inquiries.

Get a listening ear and counseling.

Connect with a master's level social worker who is available to talk, or simply provide a listening ear when caregiving gets tough. The CSL does not schedule ongoing counseling sessions, however, caregivers can call for counseling as often as they need or want. Counseling is available to all caregivers, even caregivers of Veterans who are not enrolled in VA health care.

Join Monthly Telephone Education Groups

Each month, the CSL team hosts one-hour telephone education groups for caregivers and Veterans on varying

topics such as burnout, anger management, self-care, financial management, respite and more. The Monthly Telephone Education Groups are available to registered Veterans enrolled in VA health care and their caregivers. Caregivers and Veterans must complete a one-time registration to participate in calls, which can be done by:

- Contacting their [local CSP team](#).
- Calling the CSL's toll-free number: 1-855-260-3274.

Receive referrals to local CSP teams

Receive ongoing support from your local VA CSP team. The CSL can help caregivers connect with their local VA CSP teams through electronic referrals.

Advantages of CSL

- A CSL staff member is always available to assist during hours of operation.
- The CSL offers tailored caregiver support for specific caregiver challenges.
- The CSL has master's level social workers who have specialized training in assisting with stress and emotional distress.
- The CSL has Social Service Assistants to provide information on VA resources and administrative support.

Learn more about CSL:

- CSL Fact Sheet: https://www.caregiver.va.gov/support/docs/Caregivers-Support-Line_0611_v11.pdf
- VA CSL webpage: <https://www.caregiver.va.gov/>

Call VA's Caregiver Support Line at **1-855-260-3274**

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

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