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## Caregivers Support Line (CLS)



VA's National Caregiver Support Line 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.

Call VA's Caregiver Support Line at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the [Caregiver Support Team](#) at your local VA Medical Center.

Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the Caregiver Support Line team 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.

If you're just getting started with VA, calling the Caregiver Support Line is a great first step to take to learn more about the support that's available to you.

- [CSL Fact Sheet](#) (PDF)

### Caregiver Support Line (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.

## **VA CSL Telephone Education Group 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.

- Go to [CSL Monthly Educational Telephone Calls/Podcast page](#) to view the schedule and topics.
- Access [CSL-Handouts](#).

## **Program Referrals**

We provide information and can make a referral to your local [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](http://www.caregiver.va.gov/support/New_CSC_Page.asp).

## **What to Expect When Calling**

When calling the Caregiver Support Line, 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.

## **Caregivers Programs**

If you'd like additional information or to learn more about the services listed below, contact VA's Caregiver Support Line 1-855-260-3274 or your local [CSP team](#).

- [Program of General Caregiver Support Services](#) (PGCSS)
- [VA In-Home and Support Services](#)
- [Program of Comprehensive Assistance for Family Caregivers](#) (PCAFC)

- Caregiver Support Program (CSP) - [Menu of Resources](#)

## **Reach Out to Your CSP Team**

Every [VA facility/VA Health Care System](#) has a [CSP team](#) that provides support and referrals to services. They provide valuable information about resources that can help you to stay informed and supported as you care for your Veteran. Reach out to your [CSP team](#) to learn about more events happening in your local area.

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