



## RESOURCE GUIDE FOR VETERAN CAREGIVERS

### Community Veteran Caregiver Resources

**American Red Cross Military Veteran Caregiver Network (MVCN):** <https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>

The Military and Veteran Caregiver Network (MVCN) offers peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries and/or aging.

**Elizabeth Dole Foundation Hidden Heroes (EDF HH):** <https://www.elizabethdolefoundation.org/hidden-heroes/>

Hidden Heroes seeks to raise awareness, inspire, take action for military caregivers, and establish a national registry to better connect to helpful resources.

**Wounded Warrior Project (WWP):** <https://www.woundedwarriorproject.org/>

The WWP mission is to honor and empower Wounded Warriors who incurred a physical or mental injury, illnesses, or wound, co-incident to your military service on or after September 11, 2001. Families or caregivers of Wounded Warriors may also be eligible for the program. .

**Disabled American Veterans (DAV):** <https://www.dav.org/>

DAV is a nonprofit charity that provides a lifetime of support for Veterans of all generations and their families, helping more than 1 million Veterans in positive, life-changing ways each year.

**Rosalynn Carter Institute for Caregiving (RCI) -** <https://www.rosalynncarter.org/>

RCI overall goal is to support caregivers – both family and professional – through efforts of advocacy, education, research, and service.

### Federal Veteran Caregiver Resources

**Department of Health and Human Services, Administration of Community Living (HHS ACL):** <https://acl.gov/>

- **Department of Veterans Affairs Caregiver Support Resources:** <https://www.caregiver.va.gov/>
- Locate your local caregiver: [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp](https://www.caregiver.va.gov/support/New_CSC_Page.asp)
- Caregiver Support Hotline: 1-855-260-3274

**Building Better Caregivers:** <https://va.buildingbettercaregivers.org/>

- Online workshop with 6 weekly self-paced lessons, facilitator guidance, group support, and access to an alumni community for program graduates.

### Website COVID-19 Information:

- For the latest VA updates on the coronavirus and tips on preventing its spread, visit <https://www.va.gov/coronavirus>.
- For more information about the coronavirus, please visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.
- COVID Quick Start Guide: <https://www.va.gov/covid-19-links-and-resources.pdf>
- FAQs: <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>



U.S. Department  
of Veterans Affairs

**VA Welcome Kit and Quick Start Guides:** <https://www.va.gov/welcome-kit/>

**VA.gov:** [www.va.gov](http://www.va.gov) Access and manage your VA benefits and health care to include education and records:

**White House/VA Hotline:** Dial 1-855-948-2311.

- Calls are answered by a live agent 24 hours a day, seven days a week, 365 days a year.

**Veterans Crisis Line:**

- Dial 1-800-273-8255 and press 1 to talk to someone.
- Send a text message to 838255 to connect with a VA responder.
- Start a confidential online chat session at <https://www.veteranscrisisline.net/get-help/chat>.
- For additional mental health resources visit, [https://www.mentalhealth.va.gov/suicide\\_prevention/resources.asp](https://www.mentalhealth.va.gov/suicide_prevention/resources.asp)
- **Survivors Assistance:** <https://www.va.gov/survivors/>The Office of Survivors Assistance serves as a resource about all benefits and services furnished by the Department to Survivors and Dependents of deceased Veterans and members of the Armed Forces.

**#VetResources:** VA newsletter reaching more than 11M Veterans and families. Resources, tools, and tips for VA and community resources. Subscribe: <https://www.va.gov/vetresources/>

