

## South Country Library

### Support for Veterans & Caregivers (2 pgs)

#### Veterans' Crisis Line

1-800-273-8255

or Text 838255

#### Veteran Caregiver Support Line

1-855-260-3274

*For deaf/hard-of-hearing: 1-800-799-4889*

Support for veterans is still available through the **Joseph P. Dwyer Veterans Peer Support Project**. Although they are unable to provide in-person support, they are holding online support group meetings to help veterans with a wide array of issues.

#### Veterans Online Support Groups Schedule

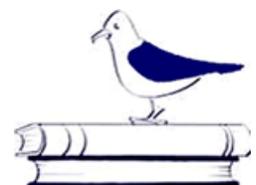
Monday, Wednesday, Friday: 12:00 PM

Tuesday & Thursday: 7:00 PM

Click <https://zoom.us/j/134570100>

or dial 929-205-6099 from your phone.

**Meeting ID: 134 570 100**



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The VA Caregiver Support Program is teaming up with the Elizabeth Dole Foundation and Wounded Warrior Project on a new web-based series to empower and engage caregivers of Veterans of all eras nationwide.

**Caregiver Community Connection** (C3) highlights community resources available to caregivers while also providing interactive content. Weekly episodes focus on themes such as practicing self-care at home, nutrition, resources for mental health, activities to do at home with family, financial wellness, and more!

Visit <https://hiddenheroes.org/c3/> for more info and to watch

**VA's Caregiver Support Line** assistance is just a quick phone call away. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed social workers who answer the support line can:

- Provide you with information about assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

If you're just getting started with VA, calling the **Caregiver Support Line at 1-855-260-3274** is a great first step to learn more about the support that is available to you.

