

# Resources for Caregivers of Veterans with Traumatic Brain Injury



**Veterans Affairs (VA) Caregiver Support Program** has many resources available to assist caregivers of Veterans. Caregiver Support Program teams are located at each VA medical center across the country. These teams assist caregivers by providing support and access to resources, both within the VA and in the community. If you don't know your Caregiver Support Program Team yet, please contact them to learn about all that your VA is doing to support caregivers.

The toll-free Caregiver Support Line (CSL) is answered by caring professionals who provide information, education, referrals, and support to caregivers of Veterans from all eras. The CSL is open Monday through Friday from 8AM to 10PM ET and on Saturdays from 8AM to 5PM ET. **CSL Telephone:** 1-855-260-3274.

VA's Caregiver Support Website is dedicated to Family Caregivers and includes tips to help get organized, caregiver resources by topic, and a zip code look-up feature to help you locate the closest VA Caregiver Support Program team near you.

## Caregiver Support Program Website and pages to check out:

[www.caregiver.va.gov](http://www.caregiver.va.gov)

[Caregiving Tips - Traumatic Brain Injury \(TBI\) - VA Caregiver Support Program Support for Caregivers of Service Members \(va.gov\)](#)

Para informacion en español: **Programa de Apoyo de Cuidadores de Veteranos**  
<https://www.caregiver.va.gov/Spanish/index.asp>

**VA Polytrauma/Traumatic Brain Injury (TBI) System of Care** offers multiple levels of clinical, social, and logistical support to ensure a smooth transition and continuous care for Veterans living with TBI and their families. This includes a specialty case manager who assists patients and families needing guidance as they recover from polytrauma or TBI. This site provides important information about TBI, support services, and resources for training and education for caregivers. **Website:** [www.polytrauma.va.gov/support](http://www.polytrauma.va.gov/support)

**Veterans Crisis Line** is available for Veterans, families, and caregivers who need support or are in crisis. Veterans don't have to be enrolled in VA benefits or health care to connect. This toll-free number and online chat is staffed by skilled and caring VA mental health professionals. Veterans and their loved ones can call and receive confidential support. 24/7 Telephone: 1-800-273-8255 and Press 1 **Website:** <http://www.veteranscrisisline.net>

**Coaching into Care** is a free confidential service that offers ways for caregivers and others to talk with Veterans about their concerns and mental health treatment options. **24/7 Telephone:** 1-888-823-7458 **Email:** [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov)  
**Website:** [Coaching Into Care | When a Veteran you know needs help - MIRECC / CoE \(va.gov\)](#)



## Resources for Caregivers of Veterans with Traumatic Brain Injury (Continued)

**Traumatic Brain Injury Center of Excellence (TBICoE) with the Military Health System's** mission is to promote state-of-the-science care from point-of-injury to reintegration for Service members, Veterans, and their families to prevent and mitigate consequences of mild to severe TBI: <https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Patient-and-Family-Resources>

**Courage to Care Courage to Talk ... About War Injuries** has a campaign to help health care providers and families communicate more effectively about war injuries. Understanding the Impact of TBI on Military Families and Children: [Courage to Care Courage to Talk — Family Resources: Talking about War Injury \(courage2talk.org\)](http://courage2talk.org)

**Make the Connection** connects Veterans, their family and friends with information, resources and solutions to issues affecting their health and well-being. Hear inspiring stories of strength. Learn what has worked for other Veterans.

**Website:** <http://maketheconnection.net/>

**National Resource Directory** is a database of validated resources that supports recovery, rehabilitation, and reintegration for Service members, Veterans, family members and caregivers.: [National Resource Directory | Connecting our Service Members & Veterans \(nrd.gov\)](http://nrd.gov).

