

Lifelines for Military Caregivers: Essential Support and Crisis Contacts

National Abuse Hotlines

1. National Domestic Violence Hotline

- Call: 800-799-7233
- Text: START to 88788
- TTY: 800-787-3224
- Chat: [thehotline.org](https://www.thehotline.org)
- Available for referrals to agencies in all 50 states, Puerto Rico, Guam, and the U.S. Virgin Islands.

2. National Child Abuse Hotline (ChildHelp)

- Call: 800-422-4453
- Availability: 24/7 via phone and text
- Offers crisis intervention, information, and referrals in over 170 languages.

3. National Elder Fraud Hotline

- Call: 833-FRAUD-11 (833-372-8311).

4. National Human Trafficking Hotline

- Call: 888-373-7888
- Text: 233733
- Chat: humantraffickinghotline.org/chat.

Caregiver Support Hotlines

1. American Red Cross - Military and Veteran Caregiver Network

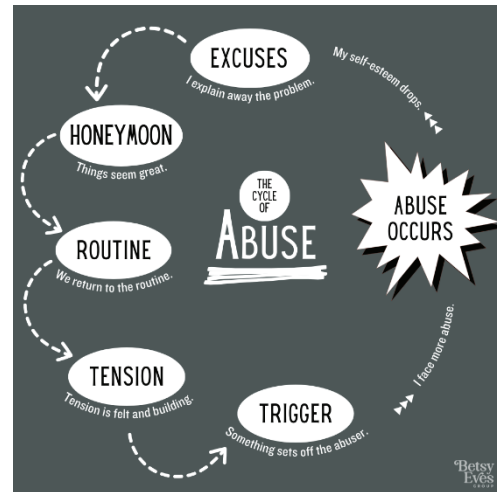
- Call the Veteran's Crisis Line at 1-800-273-8255 and press 1 for crises.

2. VA Caregiver Support Line

- Call: 1-855-260-3274
- Assistance in connecting with the Caregiver Support Team at your local VA Medical Center

3. Military OneSource (Non-medical counseling)

- Call: 800-342-9647
- Offers support for caregivers feeling stressed.



Active Duty Caregiver Support Hotlines

1. **U.S. Air Force Wounded Warrior Program (AFW2)**
 - Call: 1-800-581-9437.
2. **U.S. Marine Corps Wounded Warrior Regiment (USMC WWR)**
 - Call: 1-877-487-6299.
3. **U.S. Special Operations Command (USSOCOM) Warrior Care Program (Care Coalition)**
 - Call: 1-877-672-3039.

Local Support

- **Seek Local Domestic Violence and Abuse Support:** It's crucial to explore local city, county, or regional resources for domestic violence, abuse help, and shelters, particularly for women. These local resources are often the most immediate and effective forms of support.

Additional Resources

- **Military Caregiver Support Networks:** The [American Red Cross Military Veteran Caregiver Network](#) and [Hidden Heroes](#) offer general support and knowledge but do not provide crisis support.
- **VA Caregiver Program:** Another national-level option for caregiver support

Disclaimer: These resources are for immediate assistance and general support. For long-term or legal advice, it's recommended to seek professional guidance.