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## Caregiver Help Desk from Caregiver Action Network



Are you caring for a child with significant health care needs? A veteran that has returned from service with serious or aggravated injuries such as traumatic brain injury or psychological trauma? An older loved one with Alzheimer's? If you are a family caregiver and have questions or just need to talk, consider reaching out to the Caregiver Help Desk.

### **What is the Caregiver Help Desk?**

Caregiver Help Desk offers free support to family caregivers across the country. It is staffed by caregiving experts who can help you find the information you need to navigate your caregiving challenges and support you on your caregiving journey. With Caregiver Help Desk you can:

- Have confidential conversations with caregiving experts about your caregiving questions
- Reach out by phone, email and live chat—whatever is most convenient for you
- Access our experts Monday through Friday, from 8:00 AM – 7:00 PM Eastern time.

***Caregiver Action Network Help Desk provides information for general educational purposes only and is not a substitute for medical, legal, investment, tax, or other professional advice.***

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Reprinted with permission from the [Caregiver Action Network](https://caregiveraction.org), the nation's leading organization for all family caregivers.

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