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## [AFA National Toll-Free Helpline](#)

The image is a vertical advertisement for the AFA Helpline. On the right side, there is a close-up photograph of a woman with dark hair and pink lipstick, looking slightly to her left while holding a smartphone to her ear. The left side of the image has a dark blue background with white and teal text and icons. At the top left, the words "AFA Helpline" are written in a large, bold, teal font. Below this, the operating hours "9 AM - 9 PM ET" and "7 DAYS A WEEK" are listed in white. Further down, three contact options are provided: "CALL: 866-232-8484" with a white telephone icon, "TEXT: 646-586-5283" with a white speech bubble icon, and "WEBCHAT: ALZFDN.ORG" with a white question mark and speech bubble icon. At the bottom left, the AFA logo is displayed in teal, consisting of a stylized heart and the letters "AFA", with the full name "ALZHEIMER'S FOUNDATION OF AMERICA" in smaller white text underneath.

If Alzheimer's is in your life, help is within your reach. AFA's National Toll-Free Helpline is open seven days a week and staffed entirely by licensed social workers specifically trained in dementia care. The Helpline is accessible by phone, web chat, and text message to assist callers with topics such as:

- Signs and symptoms of dementia-related illnesses
- What to do if you or a loved one have recently been diagnosed with a dementia-related illnesses
- How to speak with someone about memory problems
- Caring for a family member with a dementia-related illness
- Building a care team and support network
- Self-care for caregivers
- Finding local caregiving support services
- Handling behavioral changes
- Navigating communication among family members
- Brain health and wellness information

**No question is too big or small.**

**The AFA Helpline is open from 9 am-9 pm ET, seven days a week. Connect with a licensed social worker by:**

► **Phone:** 866-232-8484

► **Web Chat:** Clicking the blue and white icon in the lower corner of the AFA web page at [www.alzfdn.org](http://www.alzfdn.org)

► **Text Message:** 646-586-5283

The web chat and text message features can serve individuals in over 90 different languages.

[View additional caregiving resources here.](#)

Article Source

Alzheimer's Foundation of America

Source URL

<https://alzfdn.org>

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