



**CAREGIVER  
HELP DESK**  
855.227.3640

CaregiverAction.org

**Caregiver Help Desk offers free one-on-one 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.



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**“You’re a godsend. I dialed this number and really didn’t know what to expect but knew I just needed to talk to somebody.”**

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**Phone, email, and live chat!**

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.