

Supporting Your Personal Health and Wellbeing

Below are resources that were provided throughout the Supporting Your Personal Health and Wellbeing module. **Simply click on a resource to be directed to that website.**

Suicide Help Hotline

1-800-273-8255, Press 1

Caregiver Support Line

1-855-260-3274

Nutritional Tips

Effective Communication Skills for Better Caregiving

CHAMPVA Program

Intro to Mindful Awareness

Grief and Loss

7 Types of Grief

VA does not endorse and is not responsible for the content of non-VA linked websites. Please be aware that embedded website links may periodically change or be updated.