



Caregiver Resources

Virtual Psychotherapy Program for Caregivers

Caregiver Sheet

The Department of Veterans Affairs (VA) is committed to supporting caregivers with empathy and compassion. If you spend most of your time caring for a Veteran, you may benefit from additional support.

The Caregiver Support Program (CSP) has developed a program to offer virtual psychotherapy to caregivers who are participating in the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

What is the Virtual Psychotherapy Program for Caregivers?

CSP's Virtual Psychotherapy Program for Caregivers (VPPC) provides caregivers participating in PCAFC with access to therapy through virtual telehealth sessions. VPPC offers individual, group, and couples/family therapy, providing a valuable resource for those in need of assistance or someone to talk to. This resource continues to grow and expand and will soon be available across the country.

Benefits of VPPC

- Improved mental health
- Confidential and customized therapy
- Virtual therapy sessions from the comfort of your home

How do I participate in the Virtual Psychotherapy Program for Caregivers?

Caregivers participating in PCAFC who are interested in therapy services can contact their local CSP team using the [locator tool](#). The CSP team can initiate a referral to VPPC.

You can also call the Caregiver Support Line at 1-855-260-3274 for additional help connecting to other available resources.

