



Caregiver Resources

Bereavement Counseling - Caregiver Sheet

Caregiving throughout the cycle of life can be supported.

The Department of Veterans Affairs (VA) offers services to support the spouse, children, or family caregiver of a deceased Veteran or Service member. You may qualify for the following services. Visit this website for a complete list of [benefits](#)

VA Bereavement Counseling

If you're the surviving spouse, child, or parent of a Service member who died while serving their country, you may qualify for bereavement counseling through VA. Bereavement (or readjustment) counseling provides assistance and support to people going through emotional and psychological stress after the death of a loved one. To access bereavement counseling services, contact the Vet Center Call Center at (877) 927-8387 or by email at vetcenter.bereavement@va.gov. More information can be found on this [website](#)

Annie Caregiver Text Program

Annie, VA's text messaging service, has several text programs available to you. You can receive text messages to help manage stress, take better care of yourself, and cope with grief. Messages can be educational, motivational, or an activity. You may stop the service at any time. You need a phone capable of text messaging to enroll. To participate, you must be enrolled in either the [Program of Comprehensive Assistance for Family Caregivers](#) (PCAFC) or the [Program of General Caregiver Support Services](#) (PGCSS). Talk to your [CSP Team/Caregiver Support Coordinator](#) to receive Annie text messages.

Resources for Enhancing All Caregivers Health (REACH) VA Bereavement

REACH VA Bereavement support is offered to caregivers whose Veterans have recently passed. Caregivers receive 1:1 support from a REACH coach and a caregiver notebook that provides suggestions and strategies. The four session topics include Understanding Bereavement and Grief, Journey to Healing, Your Well-being, and Problem Solving. To participate, you must be enrolled in either the [PCAFC](#) or the [PGCSS](#). Talk to your [CSP Team/Caregiver Support Coordinator](#) to learn more about REACH VA Bereavement.

Burial Allowance

You may be eligible for Veterans' burial allowances if you're paying for the burial and funeral costs for which you won't be reimbursed by any other organization, such as another government agency or the Veteran's employer. Visit the following [website](#) to find out how to qualify for Veterans' burial allowances that help cover burial, funeral, and transportation costs.

Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

The surviving spouse of or a child of a Veteran with disabilities or a Veteran who has died may be able to get health insurance through CHAMPVA. Through this program, VA covers the cost of some of your health care services and supplies. Find out if you qualify for CHAMPVA [here](#)

Dependency and Indemnity Compensation

If you're the surviving spouse, child, or parent of a Service member who died in the line of duty, or the survivor of a Veteran who died from a service-related injury or illness, you may be able to get a tax-free monetary benefit called VA Dependency and Indemnity Compensation. Find out whether you are eligible for VA benefits or compensation. For more information on eligibility requirements and how to apply, visit this [website](#)

TRICARE

If you're the family member of an active duty, retired, or deceased Service member, National Guard soldier, Reservist, or Medal of Honor recipient, you may qualify for the TRICARE program. TRICARE provides comprehensive health coverage, including health plans, prescription medicines, dental plans, and programs for people with special needs. The Department of Defense's Defense Health Agency manages this program. Visit this [website](#) for more information.

VA Chaplain Services

VA [Chaplain Services](#) offers support to both religious and non-religious people with holistic, spiritual care that aligns with their needs and desires. Available through all VA facilities, VA chaplains are clinical care specialists and members of your Veteran's Patient Care Team, ministering to caregivers, Veterans, and families through outpatient treatment, inpatient admissions, and extended care. To locate a chaplain at your local VA medical center for information and support, review this [directory](#)

VA Office of Survivors Assistance (OSA)

VA's Office of Survivors Assistance serves as a resource regarding all survivor benefits available for caregivers, survivors, and dependents of deceased Veterans and Service members of the Armed Forces. The program office serves as a principal advisor to the Secretary of Veterans Affairs and promotes the use of VA benefits, programs, and services to eligible caregivers, survivors, and dependents. OSA aims to help Veterans, caregivers, survivors, dependents, families, and others become more knowledgeable about VA benefits and services available to them upon eligibility. Contact your local CSP team or officeofsurvivors@va.gov for more information.





VA Survivors Pension

A VA Survivors Pension offers monthly payments to qualified surviving spouses and unmarried dependent children of wartime Veterans who meet certain income and net worth limits set by Congress. Follow this [link](#) to see if you qualify.

Veterans Legacy Memorial

The Veterans Legacy Memorial (VLM) website is the Nation's first digital platform dedicated entirely to the memory of more than 3.7 million Veterans interred in VA's national cemeteries to honor the service and sacrifice of Veterans and to help ensure "No Veteran Ever Dies." Launched in 2019 with Veteran service and cemetery information, VLM now allows family, friends, and others to post tributes to a Veterans page and to share Veteran pages using email, Facebook, and X (formerly Twitter). Additionally, headstone/marker photos and a mapping feature are now displaying approximately half of the Veteran profile pages. Visit this [website](#) for more information.

