

## AFA National Toll-Free Helpline

A graphic for the AFA Helpline. The left side is a dark blue vertical panel with white and teal text and icons. The right side is a photograph of a woman with dark hair, wearing a grey cardigan, talking on a black smartphone. The woman has a surprised or attentive expression.

**AFA  
Helpline**

9 AM – 9 PM ET  
7 DAYS A WEEK

 CALL: 866-232-8484

 TEXT: 646-586-5283

 WEBCHAT:  
ALZFDN.ORG

 **AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

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

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<https://alzfdn.org>

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