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[AFA National Toll-Free Helpline](#)

The image is a vertical advertisement for the AFA Helpline. On the right side, there is a close-up photograph of a woman with dark, curly hair, looking slightly to the side with a surprised or attentive expression while holding a black smartphone to her ear. The left side of the image has a dark blue background with white and teal text and icons. At the top, 'AFA Helpline' is written in large, bold, teal letters. Below this, in white, it says '9 AM – 9 PM ET' and '7 DAYS A WEEK'. Further down, there are three rows of contact information, each preceded by a white icon: a telephone handset for 'CALL: 866-232-8484', a speech bubble for 'TEXT: 646-586-5283', and a speech bubble with a question mark for 'WEBCHAT: ALZFDN.ORG'. At the bottom left is the AFA logo, which consists of a teal heart shape inside a circle, followed by 'AFA' in large teal letters and 'ALZHEIMER'S FOUNDATION OF AMERICA' in smaller white letters below it.

**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

► **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

Source URL

<https://alzfdn.org>

Last Reviewed

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