

Resources for Veterans

Veterans have earned access to a wide range of services to support their health and well-being. This guide brings together trusted resources for Stamford-area veterans, including mental health support, crisis services, benefits assistance, advocacy programs, and help centers. Whether you're seeking guidance on VA benefits, looking for confidential support, or connecting with community-based programs, these listings offer reliable starting points for veterans and their families.

For guidance, email us at contact@silversource.org or call 203-324-6584

Mental Health Support

[VA Caregiver Support Line](#)

National VA hotline offering emotional support, resources, and referrals for caregivers of veterans.

Phone: 855-260-3274

Website: <https://www.caregiver.va.gov/>

[Veterans Crisis Line](#)

24/7 confidential crisis support for veterans, service members, and families.

Phone: Dial 988, then Press 1

Website: <https://www.veteranscrisisline.net/>

[Veterans Crisis Line \(Accessible Communications\)](#)

24/7 crisis support with accessible communication options.

Phone: Dial 988, then Press 1

Website: <https://www.veteranscrisisline.net/get-help-now/call/>

Benefits

[VA Bereavement Services \(Vet Centers\)](#)

Provides grief counseling for families of deceased service members and veterans.

Phone: 877-927-8387 (Vet Center Call Center)

Website: <https://www.caregiver.va.gov/support/Bereavement.asp>

[VA Burial Benefits](#)

Information on burial allowances, national cemetery eligibility, and memorial items.

Phone: 800-698-2411 (VA main benefits line)

Website: <https://www.va.gov/burials-memorials/veterans-burial-allowance/>

Connecticut Department of Veterans Affairs

Statewide benefits, advocacy, residential programs, and cemetery services.

Phone: 860-616-3600

Website: <https://portal.ct.gov/dva>

CT State Benefits for 100% Disabled Veterans

Explains state tax exemptions, education benefits, and other supports.

Phone: No dedicated phone number for this webpage; general CT DVA line applies:

860-616-3600

Website: <https://vadisabilitygroup.com/connecticut-state-benefits-for-100-disabled-veterans/>

Help Centers

CT Referrals for Veterans Experiencing or At Risk of Homelessness

VA Connecticut Community Resource & Referral Center.

Phone: 203-932-5711 x1361

Website: <https://www.stamfordct.gov/residents/veterans>

Stamford Veterans Resource Center

Local municipal resource center offering benefits help, peer support, and referrals.

Phone: 203-274-7713

Website: <https://www.stamfordct.gov/residents/veterans>

Veterans Advocacy & Assistance Programs (SWCAA)

Assists veterans in accessing benefits, healthcare, housing, and financial support.

Phone: 203-333-9288

Website: <https://www.swcaa.org/veterans-programs/>

Updated May 2026