

## **SAMHSA's Disaster Distress Helpline**

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Call: 1-800-985-5990

Text: "TalkWithUs" to 66746

SAMHSA's Disaster Distress Helpline is a 24/7, free "emotional support" line for individuals experiencing, or serving as a first responder, to natural or human-caused disasters, including infectious disease outbreaks. While this is a national hotline, calls are managed by local centers. These centers have specialized training and certification for providing such services. The primary purpose of the Helpline is to provide emotional support to callers, but centers are also equipped to provide additional resources. More information can be located on the Disaster Distress Helpline website.

