Substance Abuse and Mental Health Services Administration
SAMHSA
1 Choke Cherry Road • Rockville, MD 20857
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

When disaster strikes, often people react with increased anxiety, worry and anger. With support from community and family, most of us bounce back. However, "Some may need extra assistance to cope with unfolding events and uncertainties," said U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Administrator Pamela S. Hyde, J.D.

The **Disaster Distress Helpline (DDH)** is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or man-made disasters.

Callers and texters are connected to trained and caring professionals from the closest crisis counseling center in the network. Helpline staff provides counseling and support, including information on common stress reactions and healthy coping, as well as referrals to local disaster-related resources for follow-up care and support.

Visit http://disasterdistress.samhsa.gov for additional information and resources related to disaster behavioral health.

Disaster Distress Helpline: 1-800-985-5990

- Toll-free
- Multilingual
- Available 24 hours a day, 7 days a week, year-round
- TTY for deaf and hearing impaired: *1-800-846-8517*

SMS: Text 'TalkWithUs' to 66746

- Standard text messaging / data rates apply (according to each subscriber's mobile provider plan)
- Spanish-speakers can text 'Hablanos' to *66746*; Puerto Rico text 'Hablanos' to *1-212-461-4635*
- Available 24 hours a day, 7 days a week, year-round
- Palau, Marshall Islands, American Samoa, Guam, Northern Mariana Islands, Federated States of Micronesia text 'TalkWithUs' to *1-206-430-1097*
- US Virgin Islands text 'TalkWithUs' to *1-212-461-4635*