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 are able to 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 human-caused disasters.

Callers and texters are connected to trained and caring professionals from a network of crisis centers across the country. Helpline staff provide supportive counseling, 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

- Available 24 hours a day, 7 days a week, year-round
- Toll-free
- Interpretation services connecting counselors and callers in 100+ languages
- Direct crisis counseling in Spanish available 24/7
- Individuals who are deaf or hard of hearing: use texting option or preferred Relay service provider to connect with the Helpline.

SMS: Text 'TalkWithUs' to 66746

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