

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

The helpline is staffed by trained counselors that can help provide crisis counseling for people in emotional distress related to ANY natural or human-caused disaster (both COVID-19 & the Magna earthquake). They can provide information on how to recognize distress and its effects, tips for healthy coping, and referrals to local crisis centers for additional follow-up and care.

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Deaf/Hard of Hearing

- Text TalkWithUs to 66746
- Use your preferred relay service to call 1-800-985-5990
- TTY 1-800-846-8517

Spanish Speakers

- Call 1-800-985-5990 and press "2"
- From the 50 States, text Hablanos to 66746
- From Puerto Rico, text Hablanos to 1-787-339-2663
- En Español<<https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>>

The Disaster Distress Helpline puts people in need of counseling on the path to recovery. Our staff members provide counseling and support before, during, and after disasters and refer people to local disaster-related resources for follow-up care and support. Since its launch in February 2012, the Disaster Distress Helpline has provided counseling and support in response to disasters such as Hurricane Sandy, the Boston Marathon bombing, and the Ebola outbreak.