SAMHSA
Substance Abuse and Mental Health Services Administration
5600 Fishers Lane • 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.

The **Disaster Distress Helpline (DDH)** is the nation's only 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 or other mental health concerns related to natural or human-caused disasters.

Callers and texters are connected with 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 about the DDH and resources in disaster behavioral health. For any questions, or requests for free copies of DDH materials for distribution in any disaster-related or other community-based setting, email ddh@vibrant.org.

Disaster Distress Helpline: 1-800-985-5990

- Available 24 hours a day, 7 days a week, year-round
- Toll-free
- 3rd-party interpretation services are available to connect crisis counselors and callers in 100+ languages
- Direct crisis counseling in Spanish available 24/7 via "press 2" hotline option
- TTY: 1-800-846-8517; individuals who are deaf, hard of hearing or who have a speech disability may also use the texting option or a preferred *relay* 3rd-party service provider to connect with the toll-free hotline

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 to be connected with a bilingual DDH crisis counselor
- From Puerto Rico, text 'TalkWithUs' (for English) or 'Hablanos' (for Spanish) to 1-787-339-2663