SAMHSA
Substance Abuse and Mental Health Services Administration

Vibrant
Emotional Health

Disaster Distress Helpline

Call or Text 1-800-985-5990 || disasterdistress.samhsa.gov

When disaster strikes, often people react with increased anxiety, worry, sadness, anger, or other strong feelings of distress. 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 (call or text 1-800-985-5990) 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 https://www.samhsa.gov/find-help/disaster-distress-helpline for additional information 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.

DDH Hotline: Call 1-800-985-5990

- Available 24/7/365
- 3rd-party interpretation services available to connect crisis counselors and callers in 100+ languages
- Direct crisis counseling in Spanish available 24/7 via 'press 2' hotline option

DDH SMS: Text to 1-800-985-5990

- Available 24/7/365
- Standard text messaging / data rates apply (according to each subscriber's mobile plan)
- Direct crisis counseling in Spanish available 24/7 via 'press 2' hotline option

DDH Videophone for ASL Users ASL NOW

- For people who are Deaf or hard of hearing and for whom American Sign Language (ASL) is your primary or preferred language, use your videophone-enabled device to call 1-800-985-5990 or click on "ASL Now" at disasterdistress.samhsa.gov to be connected with a DDH crisis worker fluent in ASL.

DDH Online Peer Support Communities

- Private Facebook groups where people across the U.S. impacted by disasters can connect with others from similar backgrounds/experiences for mutual aid and support during recovery.
- For more information and to learn what groups are available & how to join, visit: https://strengthafterdisaster.org/peer-support/