

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), 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. Call **[1-800-985-5990](tel:1-800-985-5990)** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

Counseling Services

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.

The Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide:

- Crisis counseling for people in emotional distress related to any natural or human-caused disaster
- Information on how to recognize distress and its effects on individuals and families
- Tips for healthy coping
- Referrals to local crisis call centers for additional follow-up care and support

When you call or text, crisis counselors will listen to what's on your mind with patience and without judgment. There is no need to give any identifying information when you contact the Disaster Distress Helpline. The counselor may ask you for some basic information at the end of the call, but these questions are optional and are intended to help SAMHSA keep track of the types of calls it receives.

Deaf/Hard of Hearing & Spanish

Deaf/Hard of Hearing

- Text TalkWithUs to 66746
- Use your preferred relay service to call the [Disaster Distress Helpline](tel:1-800-985-5990) at 1-800-985-5990
- TTY 1-800-846-8517
- **Spanish Speakers** [En Español](#)
- 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**