

Disaster Distress Helpline

Age Requirements

No Age Requirement

Available 24/7

Yes

Intake Process

Call or text for support. Visit the website to learn how to access the subscription text service. Spanish-speakers can call the hotline and press “2” for 24/7 bilingual support.

Callers to the hotline can also connect with counselors in over 100 other languages via 3rd-party interpretation services.

Intake Contact Telephone

(800) 985-5990

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

<https://www.samhsa.gov/find-help/disaster-distress-helpline#:~:text=SAMHSA%E2%8...>

<https://www.facebook.com/samhsa>

<https://twitter.com/samhsagov>

Main

(877) 726-4727

Toll-Free

(800) 985-5990

5600 Fishers Lane

20857 MD

United States

Fee Structure

No Fee

Languages Spoken

English

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Spanish

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Multi-Lingual

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Language Line available

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Call if translation is needed

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. 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.

This crisis support service is for anyone experiencing emotional distress related to disasters such as:

- Tornadoes and Severe Storms
- Hurricanes and Tropical Storms
- Floods
- Wildfires
- Earthquakes
- Drought
- Incidents of Mass Violence.

The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks, such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events. The Disaster Distress Helpline is open to everyone. This includes survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else. For additional support, visit the [Find Support | SAMHSA](#) website.

Service Area(s)

Nationwide