

Immediate Crisis Counseling for people experiencing emotional distress related to any disaster

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.

Call or Text

From the United States and its territories, call [1-800-985-5990](tel:1-800-985-5990) to connect with a trained crisis counselor, 24/7. **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; to connect with a counselor in your primary language, simply indicate your preferred language to the responding counselor and she/he will connect to a live interpreter (interpretation in less commonly-spoken languages may require calling back at an appointed time). [Learn more and download information](#) about the Disaster Distress Helpline in 30 of the most commonly-spoken languages in the U.S.

To connect with a live DDH crisis counselor 24/7 via SMS, **from the 50 states text “TalkWithUs” for English or “Hablanos” for Spanish to 66746. Spanish-speakers from Puerto Rico can text “Hablanos” to [1-787-339-2663](tel:1-787-339-2663).**

SAMHSA