

# Disaster Distress Helpline

## Call or Text 1-800-985-5990

If you or someone you know is struggling with emotional distress after Hurricane Helene, you are not alone.



**Call or text 1-800-985-5990** to get help and support for any stress, anxiety, or depression that you or someone you care about may be feeling related to the hurricane.

The **Helpline** and **Text Service** are:

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.

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](https://disasterdistress.samhsa.gov) to be connected with a DDH crisis worker fluent in ASL.

For Spanish, call or text **1-800-985-5990** and **press “2”**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

**Talk With Us!**

South Carolina  
**DAODAS**  
Department of Alcohol and Other Drug Abuse Services