Disaster Distress Helpline
PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

Call us:
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Call 1-800-985-5990 or text 'TalkWithUs' to 66746 to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

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.

TTY for Deaf / Hard of Hearing:
1-800-846-8517

Spanish-speakers:
Text "Hablanos" to 66746

If you or someone you know is struggling after a disaster, you are not alone.

"Ever since the tornado, I haven't been able to get a full night's sleep ..."

"I can't get the sounds of the gunshots out of my mind..."

"Things haven't been the same since my shop was flooded ..."

Talk With Us!
You ARE NOT ALONE.

Text, Telephone, Text, Telephone to 66746.
Call 1-800-985-5990 or

Avoiding Drugs ...

Alcohol or Drugs ...

Ales, ane, or Drugs ...

Alcohol or Drug Abuse ...

Anxiety ...

Number of Suicides ...

Depression ...

The everyday stress can actually be "worry". It can actually be "worrying" about your weight, about your health, about your job, about your money, about your relationships, about your future. But when stress becomes overwhelming, it becomes mental illness.

If you are feeling overwhelmed, it's important to pay attention to what's going on with you. If you are feeling overwhelmed, it's important to pay attention to what's going on with you. If you are feeling overwhelmed, it's important to pay attention to what's going on with you.

Get enough, good sleep. Some people go to bed when they are ready to sleep. Only go to bed when you are ready to sleep. If you have trouble sleeping, use prepare, retraining, and training. Some people go to bed when they are ready to sleep. Only go to bed when you are ready to sleep. If you have trouble sleeping, use prepare, retraining, and training.

Stress After A Disaster:

Tips for Coping With Disaster:

- Take care of yourself. Try to eat healthily.
- Take care of pets or get outside into nature when it's safe. Take care of pets or get outside into nature when it's safe. Take care of pets or get outside into nature when it's safe.

Reaching out to friends and family. Talk. Reach out to friends and family. Talk. Reach out to friends and family. Talk.

- Some are more at risk than others:
- Disasters have the potential to cause emotional distress.

- Stressed can make a difference.
- Some exercises can help you even a walk avoid smoking and drugs.
- Try to eat healthily.