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**Disaster Distress Helpline   Call or text**[**1-800-985-5990**](tel:1-800-985-5990).

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

**Español:**Llama o envía un mensaje de texto [1-800-985-5990](tel:1-800-985-5990) presiona “2.”

**For Deaf and Hard of Hearing ASL Callers:**To connect directly to an agent in American Sign Language, click the "ASL Now" button below or call [1-800-985-5990](tel:1-800-985-5990) from your videophone. ASL Support is available 24/7. [FAQs for ASL NOW users](https://www.samhsa.gov/find-help/disaster-distress-helpline/asl-faq).

**Who Can Call the Disaster Distress Helpline?**

**The helpline is open to anyone experiencing emotional distress related to disasters.** 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.

**Who is at Risk for Emotional Distress?**

Forecasts for hurricanes and tropical storms can last for days as they take shape. People living in hurricane-prone areas as well as anyone who has struggled to recover from experiences with past storms may be vulnerable to distress before the event occurs. Other people at risk for emotional distress due to these types of storms include:

* **Children and teens**. After a hurricane, young people may worry that another tropical storm will happen again. They may become overly dependent, have trouble eating and sleeping, or show physical symptoms such as stomachaches and headaches.
* **Older adults**. Older adults are more likely to need social support to reduce the effects of stress and move forward on the path of recovery. Some older adults may also be dealing with the loss of physical capabilities and possibly independence.
* **First responders and recovery workers**. These individuals may experience prolonged separation from loved ones (depending on the severity of the storm or hurricane) and show signs of mental fatigue.