



**MEDIA ADVISORY**  
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## **Disaster Distress Helpline Available for People Impacted by Hurricanes Harvey, Irma, Jose and Maria**

**WHAT:** The Disaster Distress Helpline provides free, confidential crisis counseling for people affected by Hurricanes Harvey, Irma, Jose and Maria, as well as other natural and human-caused disasters.

**WHY:** People who live through a disaster can experience emotional distress. Feelings of anxiety, constant worrying, trouble sleeping, and other depression-like symptoms are common responses to disasters before, during, and after the event.

**WHEN:** The Disaster Distress Helpline is available 24 hours a day, 7 days a week and provides translation services in over 150 languages.

**WHERE:** Individuals in the United States experiencing emotional distress related to any natural or human-caused disaster are encouraged to call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis

counselor.

In the U.S., Spanish speakers can call 1-800-985-5990 and press “2” or text Hablanos to 66746. People in Puerto Rico or the U.S. Virgin Islands should text Hablanos to 1-212-461-4635.

For more information visit <http://disasterdistress.samhsa.gov>. To contact MHA-NYC reach out to Josephine Parr at [jparr@mhaofnyc.org](mailto:jparr@mhaofnyc.org).

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**About the Disaster Distress Helpline:**

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round crisis counseling to individuals experiencing emotional distress related to natural or human-caused disasters. This toll-free, multilingual, crisis support service is available 24/7 via telephone and SMS to residents in the United States and its territories. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained counselor. The Disaster Distress Helpline is funded by the Substance Abuse and Mental Health Services Administration and administered by the Mental Health Association of New York City.

**About the Mental Health Association of New York City (MHA-NYC):**

The Mental Health Association of New York City is a non-profit organization with local roots and national reach. For over 50 years, MHA-NYC has been leading the way in mental health through our three-part mission of service, advocacy and education. Our mission is to identify unmet needs and develop culturally sensitive programs to improve the lives of individuals and families impacted by mental illness while promoting the importance of mental health. Among other life-saving work, MHA-NYC administers the National Suicide Prevention Lifeline, the national Disaster Distress Helpline, New York City’s NYC Well, the Veterans Crisis Line, and the NFL Life Line. [www.mhaofnyc.org](http://www.mhaofnyc.org)

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