

National mental health resources

- **Disaster Distress Helpline**

- <https://www.samhsa.gov/disaster-preparedness>
- 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

- **Substance Abuse and Mental Health Services Administration National Helpline**

- <https://www.samhsa.gov/find-help/national-helpline>
- 1-800-662-HELP, or TTY 1-800-487-4889.

- **National Institute on Alcohol Abuse and Alcoholism alcohol treatment navigator**

- <https://alcoholtreatment.niaaa.nih.gov/>

- **National Suicide Prevention Lifeline**

- <https://suicidepreventionlifeline.org/>
- 1-800-273-TALK for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat (<https://suicidepreventionlifeline.org/chat/>).