



Emergency Mental Health Phone Numbers

- 911 for a medical emergency
- 988 Crisis and Suicide Hotline Call or Text.
 - Outside the US use findahelpline.com
 - Deaf/Hard of Hearing: Call 711 then 988.
 - Spanish Speakers: Call 988 and press 2, or text "AYUDA" to 988.
- Disabilities and Disasters Hotline: Call or Text: 1-800-626-4959
- Disaster Distress Helpline: in English, Spanish and American Sign Language: 1-800-985-5990
- FEMA Helpline for local crisis counseling programs: 1-800-621-3362