Mental Health Resources for Floridians

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Florida residents have experienced three hurricanes in a short period. While coping with the stress, here are some resources that may help.

SAMSHA Distress Helpline

- **Substance Abuse and Mental Health Services Administration** (SAMSHA) Disaster Distress Helpline provides 24/7 crisis counseling and support to survivors experiencing emotional distress related to disasters. SAMSHA is an agency of the U.S. Department of Health and Human Services (HHS).
  - Call **800-985-5990**, visit samhsa.gov/ or text **TalkWithUs** for English or **Hablanos** for Spanish to 66746 to connect with a trained crisis counselor.

Mental Health Warmline

- Call to have a conversation with someone who can provide support during difficult times. If you're in crisis or just need someone to talk to, this resource can help. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need help. Warmlines are free and confidential. The Clear Warm Line can be reached at **800- 945-1355**. 4-10 p.m. ET every night of the year.

Other Coping Resources

- **Crisis Text Line** provides free, 24/7, text-based mental health support and crisis intervention. Visit crisistextline.org/or Text HOME to 741741.
- **United Way's 211 Network** partners with hundreds of organizations, businesses and government agencies to provide a multitude of resources, including mental wellness care and local health and community services. Call 2-1-1, available 24/7. Or visit 211.org.
- **American Red Cross Virtual Family Assistance Center**: Call 833-492-0094.
- **Florida Department of Children and Families Abuse Hotline**: Call 800-962-2873.
- **National Domestic Violence Hotline:** Call 800-799-7233 or text **START** to 88788.

FEMA

- **National Sexual Assault Helpline:** Call 800-656-HOPE.
- **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support to individuals experiencing mental-health related distress. Call or text 988. Or visit 988lifeline.org.