

Free Crisis Counseling Available to Middle Tennessee Storm Survivors

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NASHVILLE, Tenn. – In the weeks and months after disaster strikes, the path to recovery can pose many uncertainties and cause stress and anxiety. FEMA approved more than \$116 thousand in grant funding to the state of Tennessee for crisis counseling services to help residents struggling with the aftermath of the August storms and flooding in Middle Tennessee.

Those in the designated counties of Dickson, Hickman, Houston and Humphreys can reach out to **Centerstone, a nonprofit organization at 888-460-4351**. They can provide short-term supportive counseling as well as referrals for long-term counseling and other recovery resources, such as food banks, housing and legal services.

Other resources for those in crisis include:

The Disaster Distress Helpline (DDH) is a 24/7, year-round, confidential, multi-lingual crisis counseling and emotional support resource for survivors, responders, and anyone in the U.S./territories struggling with distress or other mental health concerns related to any natural or human-caused disaster. Individuals can call or text 800-985-5990 (press 2 for Spanish) to connect with a trained mental health professional. ASL users can also call 800-985-5990 through their videophone to connect with trained DDH counselors fluent in ASL or access the “ASL Now” option via the DDH website at <https://www.samhsa.gov/find-help/disaster-distress-helpline>

The Tennessee Statewide Crisis Phone Line. If you are experiencing a mental health emergency, call **1-855-CRISIS-1** (855-274-7471) to speak with a caring, trained mental health professional, 24-hours-a-day, 7-days-a-week, You can also text **TN to 741741**.

For more information on Tennessee’s disaster recovery, visit www.tn.gov/tema.html and www.fema.gov/disaster/4609. You may also follow FEMA on www.facebook.com/fema and Twitter [@FEMARegion4](https://twitter.com/FEMARegion4).

