

# Supporting Kentucky Residents: Resources for Coping with Disaster- Related Stress

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**FRANKFORT, Ky.** – Disasters can take an emotional toll on your well-being. Kentucky residents have experienced several severe weather events over the last few months, and it is normal to have anxiety. It's important to understand and recognize the signs of disaster related stress:

- Difficulty sleeping
- Disorientation, confusion, loss of appetite
- Feelings of hopelessness or depression

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 **free 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/](https://www.samhsa.gov/) or text **TalkWithUs** for English or **Hablanos** for Spanish to 66746 to connect with a trained crisis counselor.

## **Other Coping Resources**

- **Crisis Text Line** provides free, 24/7, text-based mental health support and crisis intervention. Visit [crisistextline.org/](https://www.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](https://www.211.org).
- **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support to individuals experiencing mental-health related distress. Call or text 988. Or visit



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[988lifeline.org](https://988lifeline.org).

- **National Domestic Violence Hotline** Is available 24/7 and can be reached at: 800-799-7233 or text **START** to 88788.
- **National Sexual Assault Helpline:** Call 800-656-HOPE.



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