

# FEMA Approves COVID-19 Crisis Counseling for Wyoming

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**DENVER** – FEMA has approved crisis counseling assistance for Wyoming residents struggling with stress and anxiety as a result of the coronavirus pandemic. The assistance is being made available under the major disaster declaration previously approved by President Trump.

FEMA will continue to support the state on establishing its specific program and approve submitted plans. The program will be funded by FEMA but will use local providers to deliver the counseling services. When the program is approved, additional information will be made available for how individuals can seek this crisis counseling. For immediate assistance, the Disaster Distress Helpline is available by phone (1-800-985-5990) and text (send TalkWithUs to 66746 in the states and to 1-212-461-4635 in US territories).

“This has been a stressful time and this assistance will help provide support for the mental health of Wyoming residents,” said FEMA Region 8 Administrator Lee dePalo.

The Crisis Counseling Assistance and Training program is funded by FEMA and overseen by FEMA in coordination with the Substance Abuse and Mental Health Services Administration (SAMHSA). The program assists individuals and communities in recovering from the psychological effects of natural and human caused disasters through community-based outreach and educational services.

The program helps people understand their current situation and reactions and supports short-term interventions focused on mitigating stress, promoting the use or development of coping strategies, providing emotional support and encouraging links with other individuals and agencies who may help survivors in their recovery process.

People who seek help through the program remain anonymous. Crisis counselors do not keep individual records or case files and avoid classifying, labeling or



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diagnosing individuals in any way.

Due to the COVID-19 nationwide emergency and the need to protect the safety and health of all Americans, the crisis counseling will be delivered by phone, internet and the media (including social media).



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