

How to Get Help

Release Date: 4/1, 2025

3/27/2025, FEMA's Disaster Assistance Center (DAC) is available 24/7 to help you understand your options and apply for disaster assistance. For more information, visit www.fema.gov.

For more information, visit www.fema.gov, call 1-800-475-7777, or visit our Facebook page at www.facebook.com/FEMA.

FEMA's Disaster Assistance Center (DAC) is available 24/7 to help you understand your options and apply for disaster assistance.

Substance Abuse and Mental Health Services Administration (SAMHSA)

For more information, visit www.samhsa.gov.

For more information, visit www.samhsa.gov, call 1-800-662-4357, or visit our Facebook page at www.facebook.com/SAMHSA.

- **800-985-5990** (Toll-free), [samhsa.gov](https://www.samhsa.gov), **TalkWithUs** (Text), or **Hablanos** (Spanish) at 667-467-7777.

988 Lifeline

988 Lifeline is available 24/7 to help you understand your options and apply for disaster assistance. Visit [988lifeline.org](https://www.988lifeline.org) for more information.

Crisis Text Line

For more information, visit www.crisistextline.org.

24/7 text support. Visit www.crisistextline.org for more information. Text HOME to 741741.

NAMI



FEMA

