

When disasters happen, often people react with increased anxiety, worry, sadness, anger, or other feelings of distress. With support from community and family, most of us are able to bounce back. However, some may need extra assistance to cope with unfolding events and uncertainties.

The **Disaster Distress Helpline (DDH)** is the nation's only hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to anyone in the U.S. and its territories experiencing emotional distress or other mental health concerns related to natural or human-caused disasters.

Via third-party interpretation services, the DDH (1-800-985-5990) can connect callers to crisis counselors in over 100 languages, including in Ukrainian. When calling the hotline, simply indicate what language you prefer & the counselor will proceed to connect with an interpreter, while you both stay on the line.

Callers are connected with trained and caring counselors from a network of crisis centers across the country. Helpline staff provide supportive counseling, including information on common stress reactions and healthy coping, as well as referrals to local disaster-related resources for follow-up care and support.

DDH Hotline: Call 1-800-985-5990

- Available 24/7/365.
- 3rd-party interpretation services available to connect crisis counselors and callers in 100+ languages, including in Ukrainian.

DDH Videophone for ASL Users **ASL NOW**

- For people who are Deaf or hard of hearing and for whom American Sign Language (ASL) is your primary or preferred language, use your videophone-enabled device to call 1-800-985-5990 or click on "ASL Now" at disasterdistress.samhsa.gov to be connected with a DDH crisis worker fluent in ASL.
- If another Sign Language is your primary or preferred language, you can still reach out to our DDH VP, and our ASL crisis workers may still be able to communicate with you.

DDH SMS: Text to 1-800-985-5990

- Available 24/7/365, in English and Spanish only; you can still text us if your English is limited.
- Standard text messaging / data rates apply (according to each subscriber's mobile plan).

DDH Online Peer Support Communities

- Private Facebook groups where people across the U.S. impacted by disasters can connect with others from similar backgrounds/experiences for mutual aid and support during recovery.
- Groups are in English, but if English isn't your first language you are still welcome to join and use Facebook's built-in translation tools to participate in group discussions.
- For more information and to learn what groups are available and how to join, visit: <https://strenghtafterdisaster.org/peer-support/> (website is in English but can be translated with browser extensions).