

Disaster Behavioral Health Crisis/Text Lines

A disaster event such as historic flooding is often unexpected and highly stressful. Talking to a trained professional, can help you help you cope.

The SAMHSA Disaster Distress Helpline (DDH)

The SAMHSA Disaster Distress Helpline (DDH) provides free, multi-lingual, confidential crisis counseling and support to people in distress due to natural and human-caused disasters.

- The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990.
- The line offers support in Spanish (people who call, or text should press 2 for this option) and several additional languages other than English. Español: Llame o envíe un mensaje de texto al 1-800-985-5990 (oprime 2 para español)
- If people who are deaf or hard of hearing or who have other speech or hearing disabilities need support in American Sign Language (ASL), they can call the DDH’s toll-free number via videophone-enabled device or click the “ASL Now” link at the DDH website.

The 988 Suicide and Crisis Lifeline

People can call 988, text 988, or chat at 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

- The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters.
- Call 988 for support in English or Spanish. <https://988lifeline.org>. The website is available in Spanish at: <https://988lifeline.org/help-yourself/en-espanol>.

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6/26/2024