

Mental Health Resources for Ian Survivors

Hurricane Ian has added a new level of uncertainty and frustration to the lives of storm survivors in Florida. While coping with this stress, it is important to check on the emotional wellbeing of yourself, your loved ones, and your neighbors. This is a list of available resources that may help.

SAMSHA Distress Helplines

- **Substance Abuse and Mental Health Services Administration (SAMSHA) Disaster Distress Helpline** provides 24/7 crisis counseling and support to survivors experiencing emotional distress related to Hurricane Ian. SAMSHA is an agency of the U.S. Department of Health and Human Services (HHS).
 - Call 800-985-5990, visit www.samhsa.gov/ or text **TalkWithUs** for English or **Hablanos** for Spanish to 66746 to connect with a trained crisis counselor.
 - Spanish-speakers can call the helpline and press “2” for bilingual support. Callers can also connect with counselors who can communicate in more than 100 other languages with assistance from third-party interpretation services.

You can also download the following fact sheets that explain some feelings to possibly expect:

- **SAMSHA:** Visit [Tips for Survivors of a Disaster or Traumatic Event: What to Expect in your Personal, Family, Work, and Financial Life.](#)
 - [Spanish Version](#)
- **SAMSHA:** Visit [Tips for Survivors of a Disaster or other Traumatic Event: Managing Stress.](#)

DCF Family Support Line

- **Florida Department of Children and Families (DCF)** has launched the Family Support Line, which connects survivors of Hurricane Ian with peers who were impacted by and have recovered from a previous Florida hurricane. Volunteers from the Panhandle will use their personal experiences to provide support, advice, and a helping hand to Ian survivors. To talk with a Family Support Peer, you can call 888-850-7935.
- **Florida Department of Health (DOH) and DCF** have partnered with BetterHelp to offer personalized, professional mental health services through three months of free online therapy to Hurricane Ian survivors. To access these free services, visit www.betterhelp.com/voucher and use the passcode: Hurricanelan.

Other Coping Resources

- **Crisis Text Line** provides free, 24/7, text-based mental health support and crisis intervention. Visit 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 www.211.org.
- **American Red Cross Virtual Family Assistance Center**: Call 833-492-0094.
- **Florida Department of Children and Families Abuse Hotline**: Call 800-962-2873.
- **National Domestic Violence Hotline**: Call 800-799-7233 or text **START** to 88788.
- **National Sexual Assault Helpline**: Call 800-656-HOPE.

For the latest information on Florida's recovery from Hurricane Ian, visit floridadisaster.org/info and fema.gov/disaster/4673. Follow [FEMA Region 4 \(@femaregion4\) / Twitter](https://twitter.com/femaregion4) and at facebook.com/fema.