

# Mental Health Resources During an Emergency

Disaster situations and traumatic events can overwhelm our ability to cope. Often people experience anxiety, fear, helplessness and hopelessness. Know the signs and get help.

## Hotlines:

[Crisis Text Line](#): Text **GOT5** to **741741**.

An anonymous texting service available 24/7. Starting a conversation is easy.

[SAMHSA Disaster Distress Helpline](#): **1-800-985-5990**

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

[Domestic Violence](#): **1-800-799-SAFE(7233)**

Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.

[National Suicide Prevention Lifeline](#): **1-800-273-TALK (8255)**

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call.

## Support Lines:

[OMH Emotional Support Line](#): **1-844-863-9314**

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

[Livingston County Mental Health](#): **585-243-7251**

Call to talk with a Mental Health Therapist who can listen to your concerns and help you take control of your emotions. This is free and confidential. Available Monday-Friday 9 AM-5 PM.

**For a list of additional resources, please visit [211lifeline.org](https://www.211lifeline.org) or call 2-1-1.**

