



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Crisis Counseling and Support Information COVID-19

The information below has been shared with us by our disability partners at the NC State Emergency Operations Center:

The national Disaster Distress Helpline 24/7/365 crisis counseling & emotional support continues to be available for anyone experiencing distress or other mental health concerns following the tornadoes in Tennessee or during the ongoing COVID-19 infectious disease outbreak. Calls (1-800-985-5990; press "2" for Spanish) and texts (text TalkWithUs to 66746) are answered by trained counselors from a network of independently-operated crisis centers located across the U.S.

The DDH is funded by the U.S. Substance Abuse and Mental Health Services Administration & administered by Vibrant Emotional Health. SAMHSA tip sheets available for download include "[Coping During Infectious Disease Outbreaks](#)" & "[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During Infectious Disease Outbreaks](#)"