

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others call:

911

**Substance Abuse and Mental Health Services Administration (SAMHSA's)
Disaster Distress Helpline - 1-800-985-5990 Or text talk with us at 66746 to
connect to a trained Crisis Counselor**

National Hotline - 800-662-4357