



**FEMA**

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## News Release

### Wildfires Have You Feeling Stressed, Anxious? Free Help is Just a Call or Text Away

**SALEM, OR** – It is normal to feel sad, stressed or overwhelmed after a major disaster. For adults and children having negative feelings or thoughts, free crisis counseling is available through the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline.

Call **800-985-5990** (Spanish Press 2) or text “TalkWithUs” to 66746 (for Spanish text “Hablamos” to 66746) to connect with a trained crisis counselor. SAMHSA’s Disaster Distress Helpline provides free, 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. This national hotline provides immediate crisis counseling for people who are feeling emotional distress related to any natural or human-caused disaster. The hotline is toll-free, multilingual, and confidential, offering crisis support service to all residents in the United States and its territories.

Counselors can also provide information about recognizing emotional distress and its effects, coping tips and referrals to other call centers for more support.

For more information about who is most at risk for emotional distress from wildfires and to find related resources, visit <https://www.samhsa.gov/find-help/disaster-distress-helpline>.

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*Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency or economic status. If you or someone you know has been discriminated against, call FEMA toll-free at 800-621-3362 (TTY 800-462-7585). Those who use a Relay service such as a videophone, InnoCaption or CapTel should update FEMA with their assigned number for that service. They should be aware phone calls from FEMA may come from an unidentified number. Multilingual operators are available. (Press 2 for Spanish).*

*At any time applicants with disabilities who may require a reasonable accommodation can ask FEMA staff directly or submit their accommodation request via email to FEMA's Office of Civil Rights at [FEMACivilRightsOffice@fema.dhs.gov](mailto:FEMACivilRightsOffice@fema.dhs.gov) or by calling FEMA's Civil Rights Resource line at 833-285-7448.*

*Follow FEMA Region 10 on [Twitter](#) and [LinkedIn](#) for the latest updates and visit [FEMA.gov](https://www.fema.gov) for more information.*

*FEMA's mission is helping people before, during, and after disasters.*