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DR-4399-FL NR 075  
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# News Release

## Free Crisis Counseling Available for Florida Disaster Survivors

**TALLAHASSEE, Fla.** — Free counseling services are available 24 hours a day, seven days a week to help those dealing with stress caused by Hurricane Michael. Survivors can call **800-985-5990 (TTY 800-846-8517)** or text **TalkWithUs to 66746** to be immediately connected with trained, caring professional counselors who will help them through disaster-related emotional distress.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the helpline immediately connects callers to staff who will provide confidential counseling, referrals and other support services.

In the weeks and months after disaster strikes, the path to recovery can pose many uncertainties and cause unexpected stress and anxiety. Symptoms may include sleeping more or less than normal, fatigue, hopelessness or loss of appetite.

Assistance through SAMHSA is available to anyone impacted by disasters. SAMHSA can make referrals to local resources for follow-up care and support.

For more information on Florida's recovery from Hurricane Michael, visit [fema.gov/disaster/4399](http://fema.gov/disaster/4399) and [FloridaDisaster.org](http://FloridaDisaster.org).

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*FEMA's mission: Helping people before, during, and after disasters.*

*For a list of resources available to individuals and businesses affected by Hurricane Michael, visit [www.floridadisaster.org/info](http://www.floridadisaster.org/info).*

*For more Hurricane Michael recovery information, visit [www.fema.gov/disaster/4399](http://www.fema.gov/disaster/4399).*

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