

Reach out to these resources during times of disaster or mental health crisis to get immediate help.

## Disaster Support Resources

**Disaster Distress Helpline** Call 1-800-985-5990 or text "TalkWithUs" to 66746

Activate Hope
Call 833-GET-HOPE
(438-4673)

## Mental Health Crisis Resources

**Elder Helpline**Call 1-800-963-5337

Florida Veterans Support Line Call 1-844-693-5838

First Responder Crisis Text Line Text "Badge" to 741741

**988 Florida Lifeline** Call, text, or chat 988

Learn more at 988FloridaLifeline.com





