

# Mental Health and Disaster Support Resources

## How to Get Help

If you're dealing with a disaster or experiencing a mental health crisis, here's how to get help:

## Mental Health Crisis Resources

### Elder Helpline

Call 1-800-963-5337

Available 24/7 for information about services and support for older adults and their families.

### Florida Veterans Support Line

Call 1-844-693-5838

Provides 24/7 support and resources specific to veterans.

### First Responder Crisis Text Line

Text "Badge" to 741741

Offers 24/7 mental health support through text for first responders.

### Mobile Response Teams

Visit [MyFLFamilies.com](https://www.myflfamilies.com),  
"Mobile Response Teams" Page

Provides in-person crisis intervention for those experiencing a mental health crisis.

### 988 Florida Lifeline

Call, text, or chat 988

Available 24/7 to offer support for suicidal thoughts, substance use disorder, mental health crises, or emotional distress.

## Disaster Support Resources

### Disaster Distress Helpline

Call 1-800-985-5990 or text "TalkWithUs" to 66746

Available 24/7 if you need support during a disaster.

### Activate Hope

833-GET-HOPE (438-4673)

Serving as the emergency response arm for the Hope Florida initiative, Activate Hope pulls together the private sector, nonprofits, and government resources to help Floridians get back on their feet following a natural disaster. Activate Hope helps connect Floridians with outside resources to provide food, household goods, home repairs, and more.

### First Responder Resiliency Program

Visit [MyFLFamilies.com](https://www.myflfamilies.com), "Florida First Responder Resiliency" Page

Offers mental health counseling, peer support, and training to help first responders manage work-related stressors.

You are  
never alone.

Make the call  
that's right for you  
and get the help  
you need.



CALL, TEXT OR CHAT

**988**