COVID-19 Mental Health Resources

There are several programs and relief initiatives in the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This guide can serve as a starting point to guide you in the right direction.

Mental Health Resources

If you or someone you know is in immediate danger go to the nearest emergency room, or call: 911.

For the National Suicide Prevention Hotline, please call: 1-800-273-TALK (en español: 1-888-628-9454), or visit: https://suicidepreventionlifeline.org/.

For the Crisis Text Line, text “HELLO” to 741741.

For the Federal Substance Abuse and Mental Health Administration Disaster Distress Helpline, please call: 1-800-985-5990 or visit: https://www.samhsa.gov/find-help/disaster-distress-helpline/.

For the National Domestic Violence Hotline, please call: 1-800-799-7233 or visit: https://www.thehotline.org/help/.

For help with substance use disorders contact the Substance Abuse Mental Health Services Administration (SAMHSA) by calling: 1-800-662-HELP (4357), or visiting: https://www.samhsa.gov/.

Additional Assistance

Senator Warner’s office stands ready to assist with any coronavirus and non-coronavirus federal issues. If you or a loved one is currently experiencing an issue with a federal agency, please contact Senator Warner’s office by calling: (202) 224-2023 or visiting: https://www.warner.senate.gov/.