

Civil Unrest Resources

Response Resources

June 5, 2020

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Visit the Disaster Distress web page [here](#).
- Phone: 1-800-985-5990
- This national helpline is available 24/7 to individuals who have been affected by a human or naturally caused disaster and need crisis counseling. Services are multilingual.
- You may also search for local mental health services, anywhere in the U.S., [here](#).

United Way 2-1-1

Phone: Dial 2-1-1

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources [here](#).

National Council for Behavioral Health (NCBH)

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professional, please visit their [website](#).

Crisis & Disaster Resources

Crisis Response for Parents

The National Association for the Education of Young People has compiled online resources for parents, teachers, and others working with young children about coping with violence and its aftermath and talking to young children about tragedies they learn about in the media. The guides can be accessed [here](#).

National Alliance on Mental Health (NAMI)

NAMI is the largest grassroots mental health organization in the United States. They offer a helpline to connect callers to mental health treatment and host a variety of support groups and educational programs on behavioral health. To learn more, please call the number above or visit their website [here](#)

Major Metropolitan City Resources

Chicago, Illinois

Illinois Office of the Governor

For emergency updates, please visit the governor's website [here](#).

Illinois Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Illinois. For any updates related to the riots, please visit their [website](#).

Crisis & Disaster Resources

Community Counseling Centers of Chicago

Phone: 773-769-0205 (24 hours)

Community Counseling Centers of Chicago operates as a nonprofit mental health provider with locations throughout Chicago, listed on [website](#). Counseling services are available for individuals, youth, couples, and families.

St. Louis, Missouri

Missouri Office of the Governor

Governor Mike Parson signed Executive Order 20-11 to declare that a State of Emergency exists in Missouri due to civil unrest. The Missouri National Guard and the Missouri Highway Patrol stand ready to support local authorities. To learn more and find updates, please visit the governor's website [here](#).

Missouri Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Missouri. For any updates related to the riots, please visit their [website](#).

Care & Counseling

Phone: 314-878-4340

Care & Counseling operates as a nonprofit mental health provider with locations in St. Louis County and City, listed on their [website](#). Counseling services are available for individuals, youth, couples, and families.

New York City

New York Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Crisis & Disaster Resources

New York Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of New York. For any updates related to the riots, please visit their [website](#).

NYC Well

Phone: 888-692-9355

NYC Well connects New York City residents to a variety of mental health services, including a free 24 hour hotline in over 200 languages. To learn more, please visit their [website](#).

Boston, Massachusetts

Massachusetts Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Massachusetts Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Massachusetts. For any updates related to the protests, please visit their [website](#).

Boston Public Health Commission – Behavioral Health Services (BPHC)

Phone: 617-534-4681

BPHC connects Boston residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

Crisis & Disaster Resources

Philadelphia, Pennsylvania

Pennsylvania Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Pennsylvania Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Pennsylvania. For any updates related to the protests, please visit their [website](#).

Philadelphia Mental Health Center (PMHC)

Phone: 215-735-9379

PMHC connects Philadelphia residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

Los Angeles, California

California Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

California Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of California. For any updates related to the protests, please visit their [website](#).

Los Angeles County Department of Mental Health (DMH)

DMH connects L.A. residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

Crisis & Disaster Resources

Washington D.C.

Washington D.C. Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Washington D.C. For any updates related to the protests, please visit their [website](#).

D.C. Department of Behavioral Health

Phone: 1-888-793-4357 (24 hours)

This agency connects D.C. residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

Baltimore, Maryland

Maryland Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Maryland Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Maryland. For any updates related to the protests, please visit their [website](#).

Baltimore City Department of Mental Health (DMH)

Phone: 410-433-5175 (24 hours)

DMH connects Baltimore residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

Crisis & Disaster Resources

Atlanta, Georgia

Georgia Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Georgia Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Georgia. For any updates related to the protests, please visit their [website](#).

Georgia Department of Behavioral Health

Phone: 404) 657-2252

This agency connects Georgia residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Houston, Texas

Texas Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Texas Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Texas. For any updates related to the protests, please visit their [website](#).

Mental Health America of Greater Houston

This agency connects Texas residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Crisis & Disaster Resources

Orlando, Florida

Florida Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Florida Division of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Florida. For any updates related to the protests, please visit their [website](#).

Mental Health Association of Central Florida

This agency connects Central Florida residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Dallas, Texas

Texas Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Texas Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Texas. For any updates related to the protests, please visit their [website](#).

Mental Health America of Greater Dallas

This agency connects Greater Dallas residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Crisis & Disaster Resources

San Antonio, Texas

Texas Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Texas Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Texas. For any updates related to the protests, please visit their [website](#).

San Antonio Mental Health Center

This agency connects San Antonio residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Austin, Texas

Texas Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Texas Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Texas. For any updates related to the protests, please visit their [website](#).

Austin Integral Care

This agency connects Austin residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Crisis & Disaster Resources

Charlotte, North Carolina

North Carolina Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

North Carolina Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of North Carolina. For any updates related to the protests, please visit their [website](#).

Mental Health America of Central Carolinas

This agency connects Charlotte residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Louisville, Kentucky

Kentucky Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Kentucky Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Kentucky. For any updates related to the protests, please visit their [website](#).

Mental Health America of Kentucky

This agency connects Kentucky residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Crisis & Disaster Resources

Portland, Oregon

Oregon Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Oregon Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Oregon. For any updates related to the protests, please visit their [website](#).

Mental Health & Addiction Association of Oregon

This agency connects Oregon residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Seattle, Washington

Washington Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

Washington Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Washington. For any updates related to the protests, please visit their [website](#).

Seattle Behavioral Health Clinic

This agency connects Seattle area residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

Crisis & Disaster Resources

Trenton, New Jersey

New Jersey Office of the Governor

To learn more and find updates regarding protests throughout the city, please visit the governor's website [here](#).

New Jersey Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of New Jersey. For any updates related to the protests, please visit their [website](#).

Division of Mental Health – Mercer County

This agency connects Trenton area residents to a broad spectrum of counseling, addiction, and crisis support services. To learn more about how they can help, please visit their [website](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

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