

National Crisis Support Hotlines and Directories



For healthcare workers experiencing COVID-19-related stress and burnout

NOTE: This resource was published in 2020 and is not being maintained. While information contained within was current when published, it may be outdated, and some links may not work.

Hotlines:

Physician Support Line* Call 1-888-409-0141

Hotline providing free and confidential support to American physicians experiencing a crisis. Staffed by U.S. licensed psychiatrists. Available 08:00 AM – 01:00 AM ET. <https://www.physiciansupportline.com/>

Disaster Distress Helpline (SAMHSA) Call 1-800-985-5990 or text TalkWithUs to 66746

Hotline providing confidential and free crisis counseling and support to people experiencing distress in response to disasters. Includes deaf/hard of hearing and multilingual support. Available 24/7.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Suicide Prevention Lifeline* (SAMHSA/Vibrant Emotional Health) Call 1-800-273-TALK (8255)

Hotline providing confidential and free counseling, support, and resources to people experiencing distress. Includes deaf/hard of hearing and multilingual support. Available 24/7.

<https://suicidepreventionlifeline.org/>

Crisis Text Line* Text HOME to 741741

Text message-based hotline providing support to people experiencing a crisis. Available 24/7.

<https://www.crisistextline.org/>

SAMHSA's National Helpline Call 1-800-662-HELP (4357),

Confidential and free hotline providing resources on mental and substance use disorders including referrals to local treatment facilities, support groups, and community-based organizations in English and Spanish.

Available 24/7. <https://www.samhsa.gov/find-help/national-helpline>

Directories to locate mental healthcare providers:

Emotional PPE Project*

Directory which links healthcare workers to mental healthcare providers offering free services to healthcare workers affected by COVID-19. <https://www.emotionalppe.org/>

Behavioral Health Treatment Services Locator (SAMHSA)

Directory of behavioral health treatment facilities, including mental health, substance use, and buprenorphine treatment facilities searchable by location. <https://findtreatment.samhsa.gov/>

Find A Psychiatrist* (American Psychiatric Association)

Directory of psychiatrists searchable by location. <http://finder.psychiatry.org/>

Psychologist Locator* (American Psychological Association)

Directory of psychologists searchable by location and practice area. <https://locator.apa.org/>

Additional information and resources for healthcare workers coping with stress due to the COVID-19 pandemic are available at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>.