

# There is no right or wrong way to feel in response to the trauma of a hurricane.

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If you have been impacted by the storm and need someone to talk to, call or text the Disaster Distress Helpline at 1-800-985-5990 or the Disability and Disaster Hotline at 800-626-4959.

## 988

Help with mental health is also available to anyone, anytime - in English or Spanish - through a call, text or chat to 988. It is free and confidential.

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## Counseling

Mobile Crisis teams are operating throughout the disaster area and can send trained clinicians to a home, community, or shelter to respond to an urgent need. To get connected, call Vaya Health at 1-800-849-6127.

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## Opioid treatment

Opioid treatment is available at emergency departments. Call 911 if you are experiencing an emergency. You may also visit Opioid Treatment Programs in your area. Find a real-time map with location, contact information and hours of operation at [thecentralregistry.com/map/](https://thecentralregistry.com/map/).

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## Medication

With some exceptions, pharmacists are allowed to dispense a one-time emergency supply of up to 90 days when they are unable to contact the medical provider, and a one-time emergency refill of up to a 30-day supply of the prescribed medication. Please visit [ncbop.org/emergencyoperatingpharmacieshelene.html](https://ncbop.org/emergencyoperatingpharmacieshelene.html) to locate a pharmacy.

