

# Emergency Numbers

## Company-offered Support

Member Support # \_\_\_\_\_

Nurse Hotline \_\_\_\_\_

For Rx Information \_\_\_\_\_

EAP # \_\_\_\_\_

Telehealth Option \_\_\_\_\_

HR Contact Info \_\_\_\_\_

### Mental Health

Call or text Disaster Distress Helpline at **1-800-985-5990**. This national hotline provides free 24/7, crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

### Disaster Relief

Call **211** or visit **www.211.org**. This nationwide service connects people to essential resources such as emergency shelter, food assistance, and disaster recovery support during times of crisis.