

EMERGENCY NUMBERS

COMPANY-OFFERED SUPPORT

Member Support #	:	<input type="text"/>
Nurse Hotline	:	<input type="text"/>
For Rx Information	:	<input type="text"/>
EAP #	:	<input type="text"/>
Telehealth Option	:	<input type="text"/>
HR Contact Info	:	<input type="text"/>

NATIONAL EMERGENCY CONTACTS

Mental Health: 1-800-985-5990

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

Text: Your zip code to 898-211

211 : Visit: <https://www.211.org>

Red Cross : <https://www.redcross.org/get-help.html>