



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

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.

Counseling

Mental health and substance use professionals are available and meeting with patients in shelters.

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 <https://thecentralregistry.com/map/>.

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 <https://www.ncbop.org/emergencyoperatingpharmacieshelene.html> to locate a pharmacy.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

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