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**Mental Health Topics:**

**CALL CENTER**

Our Call Center is staffed with trained Information Specialists who respond to inquiries about mental health issues. We are available weekdays from **8:30 a.m.** to **12:00 a.m.** Eastern time.

**(800) 789-2647** (toll-free)  
**(866) 889-2647** (tdd)

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## Mental Health Topics

### Disaster/Trauma

The emotional impact of traumatic events can have devastating effects on the mental well-being of individuals of all ages. For many, it is easy to focus all energies on helping other people or on maintaining daily schedules and routines. Although these efforts deserve attention, it is important to remember to take care of yourself and to monitor your own emotions during difficult times.

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