



Supporting Mental Health After Disasters

Hurricane Helene affected more than homes and roads—it also affected stress levels, routines, relationships, and emotional well-being. Feeling overwhelmed, exhausted, anxious, angry, numb, or emotionally drained can happen after a disaster. Support is available.

Hotlines

- **Vaya Health:** Connects individuals with care coordination and community resources, including housing, food, transportation, and other support needs. Offers a 24/7 Behavioral Health Crisis Line for emotional distress, mental health crises, and substance use concerns: 1-800-849-6127.
- **Hope4NC:** assists individuals in communities as they recover from Hurricane Helene's devastating impacts. If you are experiencing stress, emotional fatigue, a mental health crisis, or just need someone to talk to, you can call the Hope4NC Helpline at 1-855-587-3463. Hope4NC is free, confidential, and available 24/7.

Counseling

- **All Souls Counseling Center:** Provides affordable counseling and mental health support for individuals experiencing stress, grief, trauma, and other recovery-related challenges, with sliding-scale fees available.
- **Blue Ridge Hope:** Provides free mental health services for individuals affected by Hurricane Helene, available through in-person and telehealth appointments. Services are available for all ages. Also offers Hope Works, a free after-school program for disaster-affected children in Henderson County, meeting Wednesdays and Thursdays from 3:30–6:00 p.m.
- **Blue Ridge Pride:** Offers free counseling support for LGBTQIA2S+ individuals directly affected by Hurricane Helene. Eligible individuals may receive five free one-hour therapy sessions with affirming clinicians to help manage stress, process experiences, and connect with additional resources.
- **Full Circle WNC:** Offers a low-cost mental health program with counseling sessions provided by supervised graduate student interns for \$30 per session, along with sliding-scale options based on financial need.

Other Support

- **Resources for Resilience:** Offers free Hurricane Helene recovery support programs through June 2026, including practical tools to manage stress, cope with difficult experiences, and build resilience. Free opportunities include Listening Circles (Wednesdays at 12 p.m.), Reconnecting Through Hard Times (Thursdays at 12 p.m.), youth programs, and workshops designed to support individuals and families during recovery.

