



# Get Help

## **FindTreatment.gov**

Millions of Americans have mental and substance use disorders.

Find treatment near you

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## **988 Suicide & Crisis Lifeline**

If you or someone you know is struggling or in crisis, help is available.

Call or text 988

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## **Disaster Distress Helpline**

24/7 crisis counseling for emotional distress related to a disaster.

1-800-985-5990

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## **National Helpline**

Free, confidential, 24/7, 365-day-a-year treatment referral and information service.

1-800-662-HELP (4357)

# SAMHSA Spotlight



## Impacts of Long COVID on Behavioral Health

The COVID-19 pandemic has had profoundly adverse impacts on cognitive and mental health at the population level. While significant advances have been made, scaling up proven cognitive and mental health strategies and interventions to meet the ever-growing needs of patients with Long COVID continues to be a challenge.

Download [Overview of the Impacts of Long COVID on Behavioral Health](#).




### **Disaster Distress Helpline**

SAMHSA's [Disaster Distress Helpline](#) provides support to people experiencing emotional distress related to disasters.



### **Eating Disorder Screening Tool**

SAMHSA's National Center of Excellence for Eating Disorders has a [free screening tool](#)  for eating disorders.



### **Cannabidiol (CBD) – Potential Harms, Side Effects, and Unknowns**

This [advisory](#) discusses the risks and harms of CBD use and common misconceptions given its broad availability.

# **SAMHSA at a Glance**



### **Who We Are**

We lead public health efforts to advance the behavioral health of the nation.



### **Assistant Secretary for Mental Health and Substance Use**

Miriam E. Delphin-Rittmon, Ph.D.



### **Apply for a Grant**

We have resources to help you find and apply for funding opportunities.



### **Find Evidence-Based Practices**

Our collection of scientifically-based resources includes toolkits and clinical practice guidelines.



## **View Data Collections**

Our Center for Behavioral Health Statistics and Quality leads the nation in behavioral health data.

# **Our Offices and Centers**

SAMHSA Offices and Centers provide national leadership to advance the agency's mission and improve the behavioral health of the nation.

**Office of the Assistant Secretary (OAS)**

**Office of Behavioral Health Equity (OBHE)**

**Office of the Chief Medical Officer (OCMO)**

**Office of Financial Resources (OFR)**

**Office of Management, Technology, and Operations (OMTO)**

**Office of Intergovernmental and Public Affairs (OIPA)**

**988 & Behavioral Health Crisis Coordinating Office (BHCCO)**

**Office of Recovery (OR)**

**Center for Mental Health Services (CMHS)**

**Center for Substance Abuse Prevention (CSAP)**

**Center for Substance Abuse Treatment (CSAT)**

**Center for Behavioral Health Statistics and Quality (CBHSQ)**

**National Mental Health and Substance Use Policy Laboratory (NMHSUPL)**

**Regional Offices**

**Source:** <https://www.samhsa.gov/>