

Mental Health Resources – Middle East

March 2026

Mental Health Resources

Find A Helpline

Find A Helpline is a free, global search tool connecting people to emotional support, crisis helplines, and hotlines in over 130 countries. To find free, confidential support from a helpline or hotline near you, please search the database organized by country and common topic or diagnosis.

- Website: <https://findahelpline.com/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's Disaster Distress Helpline provides year-round crisis counseling and support to people who are experiencing emotional distress related to natural or human-caused disasters. SAMHSA's National Helpline provides treatment referral and information about mental and/or substance use disorders, prevention, and recovery. All services are free and confidential and available 24-hours a day, 7-days a week.

- Disaster Helpline Phone: (800) 985-5990
- National Helpline Phone: (800) 662-4357
- Websites: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Alliance for Mental Illness (NAMI)

NAMI is a free, nationwide peer-support service that provides information, referrals and support to people living with a mental health condition, their families, and caregivers. There are local chapters across the United States offering a variety of supportive services including support groups, specialized mental health resources, crisis resources, and the NAMI Helpline. The NAMI Helpline provides one-on-one support, resources, and information for navigating mental health challenges. You may locate your nearest NAMI chapter on the website.

- Phone: (800) 950- NAMI (6264)

Crisis & Disaster Resources

- Text: Text “Helpline” to 62640
- Website: <https://www.nami.org/>

Mental Health America (MHA)

MHA is a national community-based nonprofit addressing the needs of those living with behavioral and mental health conditions by providing information and support services. MHA provides free online screenings for conditions such as depression and anxiety and operates a network of affiliates providing peer-support and programs. For more information call or visit the website. Services include crisis resources, warmlines and information on mental health treatment.

- Phone: (703) 684-7722 or (800) 969-6642
- Website: <https://www.mhanational.org/>

National Center for PTSD

The National Center for PTSD (NCPTSD) offers many resources for those impacted by PTSD or trauma. The NCPTSD offers resources, including information on practical help such as crisis counseling and skill-building, and trauma-focused treatment. Click [here](#) for information regarding natural or human-caused events, acts of mass violence, or public health crises.

- Website: <https://www.ptsd.va.gov/>

9-8-8 Suicide and Crisis Hotline

The [988 Lifeline](#) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7, 365 days a year.

- If someone is experiencing a mental health emergency, dial or text: **9-8-8**.
- Online chat: <https://988lifeline.org/chat/>
- Veterans Crisis Line: Dial 988 then Press 1
- Veterans Crisis Line via text: Send a text to 838255
- Veterans Crisis Line chat: [Chat online](#)

Crisis & Disaster Resources

- Deaf and Hard of Hearing can reach out to 988 Videophone by calling 988 with a VP number. Click [here](#) to learn more about how to contact 988.

DeafLEAD

DeafLEAD is a Deaf-run, Deaf-led nonprofit organization providing culturally and linguistically accessible crisis intervention, mental health support, and advocacy for Deaf, Hard of Hearing, DeafBlind, and Late-Deafened individuals. This organization provides information on 24/7 services like videophone hotlines, crisis interpreting, and case management.

- Video Phone: (573) 303-5604
- Voice Phone: (573) 445-5005
- Website: <https://deaflead.org/>

211

211 is a free, confidential nationwide service that connects callers to health and human services information and is available 24-hours a day, seven-days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your phone to speak with a trained information and referral specialist. Calls are routed to service centers based on the caller's geographic location. You may also search online for resources or find the local number for your local 211 service center by visiting the [website](#).

- Phone: Dial 2-1-1
- Website: <https://www.211.org/>

Government Resources

Smart Traveler Enrollment Program (STEP)

U.S. Citizen Travelers may enroll in the Smart Traveler Enrollment Program ([STEP](#)) via [Step.State.Gov](#) to receive the latest alerts about safety conditions, evacuation information and to help individuals report their location, safety status, and urgent needs to their family and U.S. Embassy during emergencies. It also helps the U.S. embassy or consulate reach out to you, or your emergency contact, in an emergency.

Departure and Assistance Request For U.S. Citizens Abroad

The State Department will continue to actively assist any American citizen abroad, who wishes to depart the Middle East. Citizens may complete the U.S. Citizen Assistance Form to receive departure assistance information from the Department of State about available aviation and ground transportation options. Those in Kuwait, Israel, Bahrain, Qatar, United Arab Emirates (UAE), Oman, and Saudi Arabia can currently apply, and this list may be updated.

- U.S. Citizen Assistance Form: <https://mytravel.state.gov/s/crisis-intake>

U.S. Department of State & Bureau of Consular Affairs

The [U.S. Department of State](#) provides information on foreign affairs, travel advisories, visa services and more for citizens and foreign nationals. Click [here](#) for current news and press releases regarding the current conflict. For emergency help, find the nearest U.S. embassy by visiting this [website](#) to find a specific country.

If unable to contact the embassy, call the State Department for assistance at the numbers below:

- Phone: **(888) 407-4747** (from U.S./Canada) or **+1-202-501-4444** (from overseas)
These phone numbers are available 24/7.
- Countries and Areas List: <https://www.state.gov/countries-and-areas-list/>. Each country's landing page has country specific information regarding alerts, emergencies, and travel conditions.

Crisis & Disaster Resources

U.S. citizens overseas are also encouraged to follow the department's "Security Updates for U.S. Citizens" channel on [WhatsApp](#) and to follow @TravelGov on social media for updates.

Travel Advisories and Information

Click [here](#) for current travel advisories from the U.S. Department of State. Click [here](#) for the State Department's Help Abroad information page.

- Travel Resources: <https://www.state.gov/travelers/>
This website has information regarding passport processing, emergency resources for Americans abroad and their family members, travel advisories and more information for those traveling abroad.

Resources for Family Members

- Click [here](#) for information regarding locating a loved one abroad.
- Click [here](#) for information regarding emergency financial assistance for U.S. citizens abroad.
- Click [here](#) for information regarding assistance in the event of a death abroad.

U.S. Embassy and Departure Information

Please note, many embassies and consulates are closed due to armed conflict and people are encouraged to not attempt to approach the embassy locations. See below for alternative ways to contact U.S. Embassies.

Iran

U.S. Virtual Embassy Iran

The United States does not have a physical or diplomatic presence in Iran. Switzerland serves as protecting power for the United States. U.S. citizens in Iran seeking assistance should contact the Foreign Interests Section of the Embassy of Switzerland in Tehran, [here](#). Americans are urged to shelter in place, and if safe to do so, should attempt to leave Iran by land as soon as possible. Visit the embassy website: <https://ir.usembassy.gov/>

U.S.-Iranian dual nationals must exit Iran on Iranian passports. U.S. citizens who do not have a valid U.S. passport in their possession should apply for one at the nearest U.S. embassy or consulate after departing Iran.

Crisis & Disaster Resources

U.S. Citizens in Iran in need of help should contact the U.S. Embassy in Bern, Switzerland:

- Phone: +41-31-357-7011
- By email at BernACS@state.gov

U.S. citizens in Iran can receive messages and alerts from the U.S. Virtual Embassy in Iran via [WhatsApp Channel U.S. Citizen Consular Information: Iran](#).

Flight and Travel: Commercial flights are currently operating out of Armenia, Türkiye, Turkmenistan, and Azerbaijan. Commercial flights are currently *not* operating out of Iran. People should also be prepared for possible lines at border crossings. However, the U.S. Government cannot guarantee safety if choosing to depart.

State Department Travel Advisory – Iran

Review the latest U.S. Department of State Travel Advisory about Iran, including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information.

Click [here](#) for current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Bahrain

U.S. Embassy Manama

- Address: U.S. Embassy Manama
Building No. 979. Road 3119, Block 331
Zinj District
Manama, Kingdom of Bahrain
- Phone: +(973) 1724-2700
- Website: <https://bh.usembassy.gov/>

The U.S. Embassy Manama has suspended all consular services.

The Embassy has issued a shelter in place notification. U.S. citizens in Bahrain can call the State Department at +1-202-501-4444 202-501-4444 or 1-888-407-4747 from the U.S. or Canada to receive departure information and assistance. Those who do not depart should be prepared to shelter in place. Dial 999 for emergency services in Bahrain.

Crisis & Disaster Resources

It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>.

Flight and Travel: Commercial flights are currently not operating out of Bahrain. However, there may be overland routes to Saudi Arabia where commercial flights to depart are operating. Visit airport or airline websites to find information about availability of flights and purchasing tickets.

State Department Travel Advisory – Bahrain

Review the latest U.S. Department of State Travel Advisory about Bahrain, including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information.

Click [here](#) for current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Qatar

U.S. Embassy Doha

- Address: Al-Luqta District
22nd February Street
PO Box 2399
Doha, Qatar
- Phone: +(974) 4496-6000
- Website: <https://qa.usembassy.gov/>

The U.S. Embassy in Doha has suspended all routine consular services until further notice. Americans should email the embassy at **ACSDoha@state.gov** in case of emergency.

The Department of State ordered non-emergency U.S. government employees and their families to depart Qatar and if safe to do so, Americans should leave Qatar now. For assistance, contact the State Department Consular Affairs Call Center at 202-501-4444 or 1-888-407-4747 in the U.S. or Canada. Dial 999 for emergency services in Qatar.

It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>.

Crisis & Disaster Resources

Flight and Travel: Qatari airspace and maritime routes remain closed. The Salwa land border crossing to Saudi Arabia is currently open where commercial flights to depart are operating.

State Department Travel Advisory – Qatar

Review the latest U.S. Department of State Travel Advisory about Qatar including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information.

Click [here](#) for current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

United Arab Emirates (UAE)

U.S. Embassy Abu Dhabi

- Address: Embassies District, Plot 38, Sector W59-02, Street No. 4. Abu Dhabi, U.A.E.
- Phone: +(971) (2) 414-2200
- Emergency: +(971) (0) 2-414-2200
- Website: <https://ae.usembassy.gov/>

U.S. Consulate General Dubai

- Phone: +(971) (4) 309-4000
- Emergency Telephone: +(971) (4) 309-4000
- Email: DubaiACS@state.gov

The U.S. Embassy in Abu Dhabi and Consulate General in Dubai are closed, and services cannot be provided in those facilities until further notice. The Department of State ordered non-emergency U.S. government employees to leave the UAE and Americans are encouraged to leave the UAE now if safe to do so. For Americans who do not have a valid U.S. passport, arrangements will be made to provide passport services once security conditions allow. Those who do not depart are recommended to shelter in place. Dial 997 for fire, 998 for ambulance services, and 999 for police.

It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>. You may also contact the State Department Consular Affairs Call Center at 202-501-4444 or 1-888-407-4747 in the U.S. or Canada.

Crisis & Disaster Resources

Flight and Travel: Some flights are now departing international airports in the UAE. Contact the airline to check on flight availability. Land borders with Oman and Saudi Arabia are also open at this time, but there are reports of long lines.

State Department Travel Advisory - United Arab Emirates

Review the latest U.S. Department of State Travel Advisory about United Arab Emirates including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information.

Click [here](#) for current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Kuwait

U.S. Embassy Kuwait

- Address: Bayan, Block 13
Masjed Al-Aqsa Street,
Kuwait City, Kuwait
- Phone: +(965) 2259-1001
- Emergency: +(965) 2259-1001
- Website: <https://kw.usembassy.gov/>

The U.S. Embassy Kuwait has suspended all routine consular services. U.S. citizens in Kuwait can call the State Department at +1-202-501-4444 to receive departure information and assistance.

The U.S. Government is assisting Americans in departing Kuwait. Those who do not depart are encouraged to shelter in place. Call 112 in case of emergency requiring police, ambulance, or fire services.

It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>.

Flight and Travel: Commercial flights are currently not operating out of Kuwait. Overland routes are available to Saudi Arabia where commercial options to depart the region are operating. A valid passport and visa to the Kingdom of Saudi Arabia is required for U.S. citizens to enter or exit the Kingdom of Saudi Arabia. Please contact the airline or the airports directly for the most up to date information.

Crisis & Disaster Resources

State Department Travel Advisory – Kuwait

Review the latest U.S. Department of State Travel Advisory about Kuwait including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding e-visas for departure to the Kingdom of Saudi Arabia, current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Jordan

U.S. Embassy Amman

- Address: Al-Umayyaween Street,
Abdoun neighborhood,
Amman 11118
Jordan
- Phone: +(962) (6) 590-6000
- Emergency +(962) (6) 590-6500
- Website: <https://jo.usembassy.gov/>

For emergency situations, U.S. citizens may email the embassy at **Amman-ACS@state.gov** or call the Department of State at +1 202-501-4444. Americans are encouraged to shelter in place at this time. Contact the Jordanian police by dialing 911 if you are in immediate danger. If it is safe to do so, Americans are encouraged to depart Jordan now.

Flight and Travel: Jordanian authorities have reopened airspace at this time. For updates regarding changes to airspace, follow local media and information from the Government of Jordan. Call the airline or a travel agent to determine what options may currently be available. Current border crossings have new operating hours. Click [here](#) for more information regarding borders. Ferry services will operate between Aqaba and Egypt and travelers wishing to depart by sea should contact the ferry operators directly regarding schedules.

State Department Travel Advisory – Jordan

Review the latest U.S. Department of State Travel Advisory about Jordan including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Crisis & Disaster Resources

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Oman

U.S. Embassy Muscat

- Address: Jamiat A'Duwal Al Arabiya Street, Al Khuwair Area (Shatti Al-Qurum), Muscat Oman
- Phone: +(968) 2464-3400
- Emergency: +(968) 2464-3400
- Website: <https://om.usembassy.gov/>

The Department of State authorized non-emergency U.S. government employees and U.S. government employee family members to leave Oman and Americans are encouraged to reconsider travel to Oman. Americans are advised not to travel to the Yemen border area due to armed conflict.

U.S. citizens in Oman can call the State Department at +1-202-501-4444 to receive departure information and assistance.

It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>.

Flight and Travel: Crossing the Oman-Yemen border can be dangerous. Americans who attempt to cross the border, from either Oman or Yemen, may be detained by Omani authorities.

State Department Travel Advisory – Oman

Review the latest U.S. Department of State Travel Advisory about Oman including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Israel, West Bank, Gaza

U.S. Embassy Jerusalem

- Address: 14 David Flusser Street
Jerusalem 93392
- Phone: + (972) (2) 630-4000
- Emergency: + (972) (3) 519-7551
- Website: <https://il.usembassy.gov/>

The Embassy in Jerusalem and the Embassy Branch Office in Tel Aviv have suspended all routine consular services through March 13.

U.S. citizens in Israel, the West Bank and Gaza, can call the State Department at +1-202-501-4444 to receive departure information and assistance. It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance: <https://mytravel.state.gov/s/crisis-intake>. If you do not have a valid U.S. passport and need one in order to depart Israel, after filling out the form please email TelAvivACS@state.gov or JerusalemACS@state.gov.

Those who do not depart should be prepared to shelter in place. For Israel police call 100 and for Israel ambulance call 101. It is encouraged to learn about the nearest bomb shelters and what to do during a "Red Alert" regarding Mortar and Rocket Fire or Hostile Aircraft Intrusion.

Flight and Travel: Foreign airlines have not yet received approval to resume operations to and from Israel. Ben Gurion Airport is re-opening March 6 for inbound flights, but there are no current outgoing flights at this time. There are overland routes to Taba, Egypt, where commercial options to depart the region are operating. Travelers could also journey three to four hours by road to Sharm El Sheikh International Airport which offers commercial flight connections to international destinations.

U.S. Embassy Jerusalem has started offering bus service to Taba for U.S. citizens in need of assistance departing Israel. Click [here](#) to complete a bus request form for 3/6/2026.

Click [here](#) for more information regarding options to depart including airline and ticket information, border crossing operations, travel and visa requirements and more.

State Department Travel Advisory – Israel, the West Bank, Gaza

Review the latest U.S. Department of State Travel Advisory about Israel including

Crisis & Disaster Resources

information on bomb shelters and Red Alers, travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Lebanon

U.S. Embassy Beirut

- Address: Jmeil Street, Awkar (facing the Awkar Municipality Building) Beirut, Lebanon
- Phone: +(961) 4-542600 or +(961) 4-543600
- Emergency+(961) 4-543600
- Website: <https://lb.usembassy.gov/>

The U.S. Embassy will resume limited passport services on an emergency basis and has suspended all routine consular services. Americans whose passport has been lost, stolen, or expired must send an email to BeirutACS@state.gov.

If it is safe to do so, Americans are encouraged to leave Beirut. If not, Americans should be prepared to shelter in place at this time.

U.S. citizens in Lebanon can call the State Department at +1-202-501-4444 to receive departure information and assistance.

Flight and Travel: Commercial flights are currently offered by Middle East Airlines, operating out of Beirut Rafic Hariri airport. Visit the Middle East Airlines [website](#) to find information about flight availability and purchasing tickets.

State Department Travel Advisory – Lebanon

Review the latest U.S. Department of State Travel Advisory about Lebanon including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information.

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Saudi Arabia

U.S. Embassy Riyadh

Crisis & Disaster Resources

- Address: Abdullah Ibn Hudhafah As Sahmi Street
Roundabout no. 9, Diplomatic Quarter
Riyadh, Saudi Arabia
- Phone+966-11-835-4000
- Emergency+966-11-835-4000
- Website: <https://sa.usembassy.gov/>

The U.S. Embassy and Consulates have suspended all routine consular services until further notice. Americans are encouraged to depart Saudi Arabia if safe to do so. Those who do not depart should prepare to shelter in place.

U.S. citizens in Saudi Arabia can call the State Department at +1-202-501-4444 to receive departure information and assistance. It is encouraged to complete the Department of State's U.S. Citizen Assistance Form for timely updates and assistance:

<https://mytravel.state.gov/s/crisis-intake>.

Local emergency numbers:

- Unified Emergency number (Police, Firefighters, traffic police, and others): 911
- Police: 999
- Highway security: 996
- Ambulance: 997

Flight and Travel: Commercial flights are currently operating out of Riyadh, Jeddah, and Dhahran and Saudi airspace remains open. Visit airline websites to find information about flight availability and purchasing tickets.

State Department Travel Advisory – Saudi Arabia

Review the latest U.S. Department of State Travel Advisory about Saudi Arabia including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Cyprus

U.S. Embassy Nicosia

Crisis & Disaster Resources

- Address: Metochiou & Ploutarchou Street
2407, Engomi
Nicosia, Cyprus
- Phone: +(357) 22-393939
- Emergency+(357) 22-393939; wait for the recorded message then dial 0
- Website: <https://cy.usembassy.gov/>

The U.S. Embassy in Cyprus has suspended all routine visa and U.S. Citizens Services. Americans should contact **ACSNicosia@state.gov** in case of emergency.

U.S. citizens in Saudi Arabia can call the State Department at +1-202-501-4444 to receive departure information and assistance.

Americans are encouraged to leave Cyprus if safe to do so. Those who do not should continue to monitor and follow local updates and breaking developments. Click [here](#) for public safety information.

Dial 112 for Local emergency numbers for police and ambulance.

Flight and Travel: Flights are currently operating in the region but with significant disruptions due to regional tensions.

State Department Travel Advisory - Cyprus

Review the latest U.S. Department of State Travel Advisory about Cyprus including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Iraq

U.S. Embassy in Baghdad

- Address: Al-Kindi Street
International Zone
Baghdad, Iraq
- Local Number: 0760-030-3000

Crisis & Disaster Resources

Department of State ordered non-emergency U.S. government employees to leave Iraq due to security concerns. Americans are strongly encouraged to depart Iraq now. Those who do not depart should shelter in place.

Flight and Travel: There are no flight options in or out of the region.

State Department Travel Advisory - Iraq

Review the latest U.S. Department of State Travel Advisory about Iraq including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Pakistan

U.S. Embassy Islamabad

- Address: Diplomatic Enclave, Ramna 5
Islamabad, Pakistan
- Phone: +92-51-201-4000 or +92-51-201-5000
- Emergency after-hours: +92-51-201-4000
- Website: <https://pk.usembassy.gov/>

The Department of State ordered non-emergency U.S. government employees and the family members of U.S. government personnel from U.S. Consulates Lahore and Karachi to leave Pakistan due to safety risks. Travel to the area is not encouraged.

Due to conflict, the U.S. embassy and consulates have a limited ability to provide consular services to dual U.S.-Pakistani citizens who have been arrested or detained.

State Department Travel Advisory - Pakistan

Review the latest U.S. Department of State Travel Advisory about Iraq including information on travel requirements, tips from the embassy, and entry, exit, and visa requirements. Click [here](#) for more information

Click [here](#) for information regarding current security alerts and information regarding border status, departure information, and what to do if you cannot leave the area.

Crisis & Disaster Resources

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

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