

American Airlines Flight 5342/Black Hawk Helicopter Accident Resource Guide

January 30, 2025

On Jan. 29, 2025, there was a midair collision between a regional passenger jet carrying 60 passengers and four crewmembers and a Black Hawk helicopter caring three U.S. Army soldiers. The plane was approaching a runway at Ronald Reagan Washington National Airport in Washington, D.C.

Grief and Emotional Support

ACCESS - AirCraft Casualty Emotional Support Services

ACCESS is an air disaster bereavement support network connecting those who have survived or lost loved ones in private, military, and commercial plane crashes and other aviation tragedies with individuals who have lived through similar losses. For more information, visit the website [here](#).

Tragedy Assistance Program for Survivors (T.A.P.S.)

Tragedy Assistance Program for Survivors Inc. is a national nonprofit organization that provides compassionate care and comprehensive resources for those grieving the death of a military or veteran loved one. TAPS is free for surviving families and loved ones. Services and programs include peer based emotional support, case work assistance, connections to community-based care, and grief and trauma resources.

- Call 800-959-TAPS (8277) or visit the website www.taps.org.

American Red Cross

The National Transportation Safety Board (NTSB) has designated the American Red Cross to be the independent nonprofit organization to provide for the emotional well-being of the families of survivors and those whose lives are lost in an aviation disaster. American Red Cross provides counseling and referral services to survivors or families of survivors.

Crisis & Disaster Resources

- Click [here](#) for the District of Columbia Chapter or click [here](#) to find your local chapter.
- Call 800-RED-CROSS (733-27677)

GriefShare

GriefShare is a grief support group program offered through area churches. Sessions run for 13 weeks with weekly meetings held virtually or in-person. The cost ranges from free to \$25. Sessions are led by counselors or pastors and consist of viewing a 30-minute video on a grief-related topic, followed by a group discussion. Visit the website for more information and to find a support group near you.

- Website: www.griefshare.org/

Grief.com

Grief.com is a website that provides information and resources to help people deal with grief. The site offers online grief workshops, podcasts regarding grief and coping, journaling prompts, and information and resources for those experiencing grief.

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

Local Resources

District of Columbia Department of Behavioral Health

The District of Columbia Department of Behavioral Health provides behavioral health services to the district of Columbia. Services include diagnostic/assessment services, counseling, medication, intensive day treatment and crisis/emergency services. There is 24 hours a day, 7 days a week helpline available to connect residents to certified behavioral health care providers who will help with problem solving, refer to ongoing mental health services, assist during crisis, and more.

- Call the 24/7 Access HelpLine at 888-7WE-HELP (888-793-4357) or visit the website: www.dbh.dc.gov.

Crisis & Disaster Resources

Catholic Charities Behavioral Health Services

Partnered with the DC Department of Behavioral Health, Catholic Charities Behavioral Health Services provides individual and group counseling sessions, in addition to operating a psychiatric behavior health clinic, and providing community support services such as crisis intervention, coping skills, and assistance obtaining social services benefits.

- Call 202-635-5900 or visit the website [here](#)

National Mental Health Resources

SAMHSA's Disaster Distress Helpline

This helpline, through the Substance Abuse and Mental Health Services Administration (SAMHSA), can provide immediate crisis counseling to anyone who is experiencing emotional distress related to any natural or human-caused disaster. The help line is available 24 hours a day, 7 days a week at (800) 985-5990. You can also reach out via text message by texting "TalkWithUs" to 66746. You can find more information online [here](#). Click [here](#) for SAMHSA's disaster behavioral health resources. Click [here](#) for SAMHSA's survivors of disasters resource portal.

SAMHSA Behavioral Health Treatment Services Locator

Visit the website [here](#).

The Behavioral Health Treatment Services Locator provides information and a search tool for behavioral health and substance abuse/addiction services in the United States and U.S. Territories. You can access the free and confidential treatment provider search tool using the link listed above. After completing the search criteria, you can view a list of treatment providers and detailed information about each provider.

You may also call (800) 662-4357 to receive free and confidential information about mental health and substance abuse treatment services in your area. This line is available 24 hours a day and 7 days a week.

National Center for PTSD:

The National Center for PTSD (NCPTSD) offers resources for survivors of disasters, including:

Crisis & Disaster Resources

- **[Self-Care After Disasters](#)**

If seeking information on how to honor losses, practice helpful thinking, and build resilience, click [here](#). The NCPTSD also offers other resources, including information on practical help, such as food safety, medical care and shelter, crisis counseling and skill-building, and Trauma-focused treatment. Visit the website [here](#) for more information.

9-8-8 Lifeline

The 9-8-8 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. 9-8-8 is trained to assist with disaster distress and offers resources and guidance for survivors.

- Dial or text: 9-8-8
- Online chat: <https://988lifeline.org/>
- Click [here](#) to view the disaster resources page.

Crisis Text Line

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

- Text “HELLO” to 741741
- [Website](#)

Veterans Crisis Line

If you are a Veteran in crisis, or you’re concerned about one, free, confidential support is available 24 hours a day, 7 days a week. Click [here](#) to view the website for more information.

The Veterans Crisis Line is available by phone, text, or chat:

- Dial 988 then Press 1.
- Send a text to 838255.
- [Chat online](#)
- Support for deaf and hard of hearing: Call 1-800-799-4889

The National Child Traumatic Stress Network

The National Child Traumatic Stress Network has online resources for families, parents, and young children about coping with traumatic experiences and stressors. For more information, please visit their website [here](#). Click [here](#) to view information regarding traumatic grief.

National Alliance on Mental Illness - NAMI

NAMI is a non-profit organization that provides education, support, and advocacy for people affected by mental illness including support groups, peer-support, advocacy, and help navigating the mental health care system.

- Phone: 800-950-6246
- Text 'helpline' to 62640
- Chat online [here](#)
- Website: <https://www.nami.org/>

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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