DISASTER RELIEF

American Red Cross
1-800-733-2767
http://www.redcross.org/get-help

American Red Cross Safe and Well List
Register your name or search for a name.
http://safeandwell.communityos.org/cms/index.php

American Red Cross Shelters
Search for a shelter in your area.
www.redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter

Centers for Disease Control and Prevention (CDC) 1-800-CDC-INFO (800-232-4636)
wwwemergency.cdc.gov
Emergency response and preparedness.

Federal Emergency Management Agency (FEMA) www.fema.gov
Info on preparing for and recovering from disaster.

FEMA Disaster Assistance
Disaster-related Helpline: 1-800-621-3362
www.disasterassistance.gov
Find local resources and shelters, plus call or apply for assistance online.

United Way
Dial: 2-1-1 or visit www.211.org
United Way offers access to many services in times of crisis as well as for day-to-day needs.

SUPPORTIVE RESOURCES

Disaster Distress Helpline
1-800-985-5990 or text “TalkWithUs” to 66746
Crisis counseling and support for anyone experiencing emotional distress related to natural or human-caused disasters.

Cigna Disaster Resource Center
www.cigna.com/individuals-families/health-wellness/topic-disaster-resource-center
Find resources to help you prepare and cope before, during, and after a disaster or tragedy.

HELPING CHILDREN COPE

The National Child Traumatic Stress Network
www.nctsn.org/trauma-types/natural-disasters
Information on how to help a child cope with natural disasters, terrorism, and mass violence.

ANIMALS/PETS

American Society for the Prevention of Cruelty to Animals www.aspca.org
Animal Humane Society
www.humanesociety.org/about/departments/disaster_preparedness.html

LEARN ABOUT VOLUNTEERING OR DONATING AFTER A DISASTER

FEMA
American Red Cross
Catholic Charities
Salvation Army

Together, all the way.

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