

# DISASTER ASSISTANCE RESOURCES

## DISASTER RELIEF

### American Red Cross

1-800-733-2767

[www.redcross.org/get-help](http://www.redcross.org/get-help)

### American Red Cross Reunification

Tips/assistance in reconnecting with loved ones.

[www.redcross.org/get-help/disaster-relief-and-recovery-services/contact-and-locate-loved-ones.html](http://www.redcross.org/get-help/disaster-relief-and-recovery-services/contact-and-locate-loved-ones.html)

### American Red Cross Shelters

Search for a shelter in your area.

[www.redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter](http://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)

[www.emergency.cdc.gov](http://www.emergency.cdc.gov)

Emergency response and preparedness.

### Federal Emergency Management Agency

(FEMA) [www.fema.gov](http://www.fema.gov)

Info on preparing for and recovering from disaster.

### FEMA Disaster Assistance

Disaster-related Helpline: 1-800-621-3362

[www.disasterassistance.gov](http://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](http://www.211.org)

United Way offers access to many services in times of crisis as well as for day-to-day needs.

## GOVERNMENT / LAW ENFORCEMENT

### Department of Homeland Security

<https://www.dhs.gov>

### Local law enforcement contact information

[www.usacops.com](http://www.usacops.com) (Dial 911 in an emergency)

## SUPPORTIVE RESOURCES

### Disaster Distress Helpline

Call or text 1-800-985-5990

Crisis counseling and support for anyone experiencing emotional distress related to natural or human-caused disasters.

### Cigna Disaster Resource Center

[www.cigna.com/knowledge-center/disaster-resource-center](http://www.cigna.com/knowledge-center/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](http://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](http://www.asPCA.org)

### Animal Humane Society

[www.humanesociety.org/resources/make-disaster-plan-your-pets](http://www.humanesociety.org/resources/make-disaster-plan-your-pets)

## LEARN ABOUT VOLUNTEERING OR DONATING AFTER A DISASTER

[FEMA](#)

[American Red Cross](#)

[Salvation Army](#)

Together, all the way.®



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