Disaster Assistance Resources

DISASTER RELIEF

American Red Cross
1.800.733.2767
redcross.org/get-help

American Red Cross Reunification
Tips/assistance in reconnecting with loved ones.
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.
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)
emergency.cdc.gov
Emergency response and preparedness.

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

FEMA Disaster Assistance
Disaster-related Helpline: **1.800.621.3362**
disasterassistance.gov
Find local resources and shelters, plus call or apply for assistance online.

United Way
Call **211** or visit 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
dhs.gov

Local law enforcement contact information
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
cigna.com/knowledge-center/disaster-resource-center
Find resources to help you prepare and cope before, during, and after a disaster or tragedy.

Scroll down to the bottom of the page to find links to **State and U.S. Territory Emergency Websites.** These state-specific, government sites provide preparedness information, as well as access to real-time directives, such as road closures and emergency shelters.

HELPING CHILDREN COPE

The National Child Traumatic Stress Network
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
aspca.org

Animal Humane Society
humanesociety.org/resources/make-disaster-plan-your-pets

Learn about volunteering or donating after a disaster

FEMA
American Red Cross
Salvation Army

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