

# + Disaster Assistance Resources

## Disaster Relief

**American Red Cross**  
1-800-733-2767  
[redcross.org/get-help](https://www.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](https://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.  
[redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter](https://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)  
[emergency.cdc.gov](https://www.emergency.cdc.gov)

Emergency response and preparedness.

### Federal Emergency Management Agency (FEMA)

[fema.gov](https://www.fema.gov)  
Info on preparing for and recovering from disaster.

### FEMA Disaster Assistance

Disaster-related Helpline: 1-800-621-3362  
[disasterassistance.gov](https://www.disasterassistance.gov)  
Find local resources and shelters, plus call or apply for assistance online.

### United Way

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

### Learn about volunteering or donating after a disaster:

[FEMA](https://www.fema.gov)  
[American Red Cross](https://www.redcross.org)  
[Salvation Army](https://www.salvationarmy.org)

## Government / Law Enforcement

**Department of Homeland Security**  
[dhs.gov](https://www.dhs.gov)

**Local law enforcement contact information**  
[usacops.com](https://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.

### Evernorth Disaster Resource Center

[evernorth.com/disaster-resource-center](https://www.evernorth.com/disaster-resource-center)  
Find resources to help you prepare and cope before, during, and after a disaster or tragedy.

Scroll down 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](https://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** [aspca.org](https://www.aspca.org)

**Animal Humane Society**  
[humanesociety.org/resources/make-disaster-plan-your-pets](https://www.humanesociety.org/resources/make-disaster-plan-your-pets)

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