

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

Call **211** 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.

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.

Cigna Disaster Resource Center

[cigna.com/knowledge-center/disaster-resource-center](https://www.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](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)

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)

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