

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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