

# DISASTER ASSISTANCE RESOURCES

## DISASTER RELIEF

### American Red Cross

1-800-733-2767

<http://www.redcross.org/get-help>

### American Red Cross Safe and Well List

Register your name or search for a name.

<http://safeandwell.communityos.org/cms/index.php>

### 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.211us.org](http://www.211us.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

[www.dhs.gov/index.shtm](http://www.dhs.gov/index.shtm)

### Local law enforcement contact information

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

## SUPPORTIVE RESOURCES

### Disaster Distress Helpline

1-800-985-5990 or text "TalkWithUs" to 66746

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

### Disaster Help and Recovery Information

[www.cignabehavioral.com](http://www.cignabehavioral.com)

Click on the Disaster Resource Center link to find event-specific resources and tips to help support coping and recovery.

## 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/about/departments/disaster\\_preparedness.html](http://www.humanesociety.org/about/departments/disaster_preparedness.html)

## DONATE / VOLUNTEER

[American Red Cross](#)

[FEMA](#)

[Feeding America](#)

[Catholic Charities](#)

[Salvation Army](#)

Together, all the way.®



Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 880941 06/16 © 2016 Cigna