



BlueResourceSM - Emotional Wellbeing - Coping After a Natural Disaster

Help Is Here

When the unexpected turns your world upside down, you're not alone. Experts will help you put the pieces back together. Get the support you need with these resources.

TORNADOES

In minutes, violent weather can leave a trail of ruin. Get support to heal in its aftermath. Find emergency shelter, food and clothing. Tap into tools to help you and your family recover.

American Red Cross [redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/tornado](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/tornado)

Ready.gov [ready.gov/tornadoes](https://www.ready.gov/tornadoes)

Substance Abuse and Mental Health Services Administration (SAMHSA)
[samhsa.gov/find-help/disaster-distress-helpline/disaster-types/tornadoes](https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/tornadoes)



Reach out for emotional and physical support
to help put your life back together.



HURRICANES

When the sea unleashes violent winds and flooding, no one in their path is safe. Find shelter, food and clothing. Download the Disaster Recovery Homelessness Toolkit. Apply for tax relief to rebuild.

American Red Cross [redcross.org/about-us/our-work/disaster-relief/hurricane-relief](https://www.redcross.org/about-us/our-work/disaster-relief/hurricane-relief)

U.S. Department of Housing and Urban Development [hud.gov/hurricane](https://www.hud.gov/hurricane)

Universal Property [universalproperty.com/how-to-get-disaster-assistance-after-a-hurricane](https://www.universalproperty.com/how-to-get-disaster-assistance-after-a-hurricane)

WILDFIRES

Every year, wildfires leave thousands homeless. Locate shelter, food and clothing. Talk with counselors to lower anxiety. Begin the road to recovery with financial tips to regain your footing.

American Red Cross [redcross.org/about-us/our-work/disaster-relief/wildfire-relief](https://www.redcross.org/about-us/our-work/disaster-relief/wildfire-relief)

Ready.gov [ready.gov/wildfires](https://www.ready.gov/wildfires)

Substance Abuse and Mental Health Services Administration
[samhsa.gov/find-help/disaster-distress-helpline/disaster-types/wildfires](https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/wildfires)

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