

# *Essential Resources* for Natural Disasters

When facing a natural disaster, getting quick access to support can make a significant difference. Here are national resources to help you and your family begin recovery, whether you're navigating urgent needs, finding shelter, or looking for guidance in the days ahead.

## **FEMA (Federal Emergency Management Agency)**

[www.fema.gov](http://www.fema.gov)

FEMA is the federal agency that provides disaster response, recovery assistance, and relief. They offer financial assistance for temporary housing, home repairs, and other disaster-related needs.

## **American Red Cross**

[www.redcross.org](http://www.redcross.org)

The American Red Cross provides shelter, food, and other emergency relief services, as well as blood donations, and resources to support recovery from natural disasters.

## **211 Information & Referral Services**

[www.211.org](http://www.211.org)

211 is a free, confidential helpline that provides information and resources for disaster relief, including housing, food, medical assistance, and financial help.

## **The Salvation Army**

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

The Salvation Army offers a variety of disaster relief services, including food, water, shelter, emotional support, and financial assistance.

## **RxOpen**

[www.rxopen.org](http://www.rxopen.org)

RxOpen helps you locate open pharmacies in disaster-impacted areas, ensuring that you can access necessary medications and other pharmaceutical needs when pharmacies may be closed or inaccessible.

## **Disaster Distress Helpline (SAMHSA)**

[www.samhsa.gov/find-help/helplines/disaster-distress-helpline](http://www.samhsa.gov/find-help/helplines/disaster-distress-helpline)

A dedicated helpline for disaster survivors, offering free, 24/7 crisis counseling and support services for people affected by natural or human-caused disasters.

We understand that natural disasters can be overwhelming and disrupt your life in unexpected ways. Wellthy is here to help you navigate these challenges, whether it's finding temporary housing, connecting with medical support, or managing insurance claims.

**Visit [wellthy.com/member/benefits4me](http://wellthy.com/member/benefits4me) to learn more and be prepared for whatever comes your way.**