# **Winter Storm Cora Resources**

# January 10, 2025

"A powerful winter storm that dumped heavy snow and glazed roads with ice across much of Texas and Oklahoma lumbered eastward into southern U.S. states Friday, prompting governors to declare states of emergency and shuttering schools across the region." Via PBS News

#### **State Resources**

#### **Alabama**

## Alabama Office of the Governor- Kay Ivey

The Governor of Alabama has issued a state of emergency, in preparation of the severe winter weather impacts threatening the state on Thursday January 9. The declaration will assist in recovery efforts for those residents impacted by storm damage. Read the full declaration <a href="here">here</a>. To get additional updates from the Governor's office, please visit the website <a href="here">here</a> for information.

• You may also find updates from the Governor's Office on X.

# **Alabama Emergency Management Agency (AEMA)**

AEMA manages emergency management plans for the state of Alabama. The AEMA website provides preparedness resources, disaster assistance information and updates on recovery efforts for those impacted by a natural disaster. For more information, you can visit their website **here**.

#### **Road Closures**

Traveling in winter or icy conditions may be hazardous and residents are encouraged to avoid travel if possible. For additional traffic information visit the website of Alabama Transportation Department's ALGO Traffic <a href="https://example.com/here.com

#### 211 Alabama

211 connects callers to information about health and human service organizations in the community to assist with a variety of needs including disaster assistance, basic needs, and mental health services. The State of Alabama is divided into nine service areas, each

serviced by its own local 211 office. Call 2-1-1 or (888) 421-1266 to reach your local office no matter where you live in Alabama. You may also text your zip code to 898-211. Visit the website **here** to find out more information on the nine offices.

## American Red Cross Alabama and Mississippi

The American Red Cross is one member of the local, state and federal disaster response community. During a disaster the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. For more information, visit the American Red Cross website <a href="here">here</a>. Click <a href="here">here</a> to find your local chapter location.

## **Warming Centers**

Several warming centers in 14 counties have been activated ahead of the winter storm. For a complete list of warming centers, click the link <u>here</u>.

## **Power Outage Maps**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state.

- Alabama Power Map
- PowerOutage.us

# **Alabama Department of Insurance**

Visit the website <u>here</u> for information from the Alabama Department of Insurance regarding disaster related information.

## **Arkansas**

#### <u>Arkansas Office of the Governor - Sarah Huckabee</u>

The Governor of Arkansas has issued a state of emergency in preparation of the severe winter weather impacts threatening the state on Thursday January 9. The declaration will assist in recovery efforts for those residents impacted by storm damage. Read the full declaration <a href="here">here</a>. To get additional updates from the Governor's office, please visit the website <a href="here">here</a> for information.

## **Arkansas Division of Emergency Management (ADEM)**

The Arkansas Department of Emergency Management assists residents impacted by natural, technological, or man-made disasters and emergencies. Services include preparedness and recovery programs. For more information, you can visit their website here.

#### **Road Closures**

Arkansas Department of Transportation (ARDOT):

Residents are encouraged not to travel if possible, as icy conditions may create hazards. ARDOT can provide information about local road conditions and closures. For more information please visit their website <a href="here">here</a> and view the various road conditions maps here.

#### 2-1-1 Arkansas

Arkansas 211 is a partner in the Arkansas Division of Emergency Management, as well as many local and regional plans. 2-1-1 provides local information and referral resources for community-based services. They can also provide information about local warming centers in the area. If you are interested, you can dial 2-1-1 anywhere in Arkansas, 866-489-6983 if outside of Arkansas, text your zip code to 898211, or visit the website <a href="here">here</a>

#### American Red Cross - Arkansas

The American Red Cross is one member of the local, state and federal disaster response community. During a disaster the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. For more information, visit the American Red Cross website <a href="here">here</a>. Click <a href="here">here</a> to find your local chapter location.

#### **Warming Centers**

Several warming centers have been activated ahead of the storm. The ADEM has a shelter map **here**.

## **Power Outage Maps**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state.

- Entergy
- Electric Cooperatives of Arkansas

#### Ozarks Electric Cooperative

#### <u>Arkansas Department of Insurance</u>

Visit the website <u>here</u> for information from the Arkansas Department of Insurance regarding disaster related information.

# Georgia

## **Georgia Office of the Governor - Brian Kemp**

The Governor of Georgia has issued a state of emergency in preparation of the severe winter weather impacts threatening the state. The declaration will assist in recovery efforts for those residents impacted by storm damage. Read the full declaration here. To get additional updates from the Governor's office, please visit the website <a href="here">here</a> for more information.

## **Georgia Emergency Management Agency (GEMA)**

GEMA is the state's preparedness, response and recover agency. The GEMA website provides preparedness resources, disaster assistance information and updates on recovery efforts for those impacted by a natural disaster. For more information, you can visit their website <a href="here">here</a>. Click <a href="here">here</a> to view GEMA's winter weather tip sheet.

# **Road Closures- Georgia Department of Transportation**:

Residents have been encouraged to avoid travel as icy and winter conditions may create hazardous road conditions. For information on road conditions, visit the website <u>here</u>.

# 211 Georgia

211 connects callers to information about health and human service organizations in the community to assist with a variety of needs including disaster assistance, basic needs, and mental health services. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, rent/utility assistance, and disaster response programs. To reach 211 by phone dial 2-1-1 or (404) 614-1000. You may also text your zip code to 898211. There are several regional 2-1-1s for the Georgia area. For more information, please visit the website <a href="here">here</a>.

## **American Red Cross Georgia**

The American Red Cross is one member of the local, state and federal disaster response community. During a disaster the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. For more information, visit the American Red Cross website <a href="here">here</a>. Click<a href="here">here</a> to find your local chapter location.

## **Warming Centers:**

Several warming centers have opened in counties across the state. To find a local warming center, residents may call 2-1-1 from anywhere within their county. Click the links below for some available warming centers:

- <u>Clayton County</u>
- Cobb County
- DeKalb County
- **Gwinnett County**
- City of Atlanta
- Augusta Georgia

#### **Power Outage Maps:**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

- Georgia Power
- Poweroutage.us
- Georgia Electric Corporation

# **Georgia office of Insurance and Safety Fire Commissioner**

Visit the website <u>here</u> for information from the Georgia Department of Insurance regarding disaster related information.

#### Louisiana

# **Louisiana Office of the Governor - Jeff Landry**

The governor's office is responsible for declaring states of emergency and initiating disaster and recovery responses. To get updates from the Governor's office, please visit the website here.

# <u>Governor's Office of Homeland Security and Emergency Preparedness</u> (GOHSEP)

GOHSEP manages the Louisiana Emergency Management Agency, which is the state's preparedness response and recovery agency. Visit the website <a href="here">here</a> for disaster assistance and preparedness information including shelter, state office closures, emergency alerts, road conditions and more.

Emergency preparedness contacts listed by parish can be found <a href="here.">here.</a>

#### **Damage.LA.Gov**

Damage.LA.Gov is a Virtual Louisiana initiative and damage reporting system residents can use to self-report damage to their home in the aftermath of a significant weather event or disaster. Information collected will help Parish, State and Federal authorities better understand the location and severity of damage impacts.

You can find additional information and access the survey <a href="here">here</a>.

# **Louisiana Department of Transportation and Development**

Winter weather may impact driving conditions. Visit the website <u>here</u> for information on traffic and road closure alerts or dial 5-1-1.

#### 211 Louisiana

211 connects callers to information about health and human service organizations in the community to assist with a variety of needs including disaster assistance, basic needs, and mental health services. To reach 211 by phone dial 2-1-1, text your zip code to 898-211 or visit the website **here** to search online for services.

#### American Red Cross of Louisiana

The American Red Cross is one member of the local, state, and federal disaster response community. During a disaster the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. For more information, visit the American Red Cross website <a href="here">here</a>. To locate your local branch, visit their website <a href="here">here</a>.

## **Warming Centers**

Several warming centers have opened in counties across the state. To find a local warming

center, residents may call 2-1-1 from anywhere within their county. Click the links below for some available warming centers:

- Orleans Parish: Rosenwald Recreation Center Annex Building, 1140 S. Broad Avenue New Orleans Homeland Security and Emergency Preparedness is coordinating with the New Orleans Recreation Development Commission to activate an "overnight warming center" for unhoused residents, equipped with an emergency generator. It will be open from 6 p.m. Monday until 9 a.m. Thursday.
- <u>Jefferson Parish:</u> Jefferson Parish will open two warming centers for residents starting at noon on Monday:
  - 1) Terrytown Playground, 641 Heritage Ave., Terrytown
  - 2) Johnny Bright Playground, 3401 Cleary Ave., Metairie

These centers will remain open throughout the duration of the weather event for people and pets in need of a warm place during the cold. Residents with pets are asked to bring a pet carrier.

The Jefferson Parish Human Services Authority will also assist those living outdoors to find temporary shelter. Those in need can call the Jefferson Parish Emergency Operations Center at (504) 349-5360.

- <u>St. Tammany Parish:</u> In case of extended power outages during freezing temperatures, the parish advises residents to call 911 for help finding a warming center. They are also referring residents to Giving Hope Retreat. After 4 p.m., call (985) 218-9485. Plan to bring bedding and essential items with you.
- <u>St. Charles Parish:</u> A warming shelter will open at the Edward A. Dufresne Community Center. Residents should arrive no later than 11 p.m. and if no one arrives by midnight, the shelter may close. The shelter will close once temperatures rise above freezing. The shelter is only for St. Charles Parish residents, and IDs will be checked.

274 Edward Dufresne Parkway, Luling, LA 70070

- <u>St. John the Baptist Parish:</u> St. John Parish will open the following warming shelters starting at 6 p.m. Monday. Cots, toiletries, and blankets will be available. Residents should bring additional blankets, food, and snacks.
  - 1) West Bank Public Safety Complex, 5739 Highway 18, Wallace
  - 2) Garyville Fire Station, #71 418 Historic West St., Garyville

#### **Power Outage Maps:**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

- Southwestern Electric
- Poweroutage.us

## **Louisiana Department of Insurance**

Visit the website <u>here</u> for information from the Louisiana Department of Insurance regarding disaster and claim related information.

# Mississippi

#### Office of the Governor - Tate Reeves

The governor's office is responsible for declaring states of emergency and initiating disaster and recovery responses. To get updates from the Governor's office, please visit the website **here**.

# **Mississippi Emergency Management Agency (MEMA)**

The Mississippi Emergency Management Agency provides information regarding emergency updates, road closures, power outages, and more. More information is available <a href="https://example.com/here.">here.</a> View their winter weather page <a href="https://example.com/her

#### **Road Closures and Traffic**

For traffic information, alerts, and updates visit the Mississippi Department of transportation website <u>here.</u>

# 211 United Way of Mississippi

2-1-1 operates nationwide and connects callers to human service information. This service operates 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, rent/utility assistance, and disaster response programs. Dial 211 from your

cellphone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service centers by visiting their website **here**.

Phone: 211 or 866-472-8265

## American Red Cross of Alabama and Mississippi

The American Red Cross is one member of the local, state, and federal disaster response community. During a disaster, the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. Individuals may provide monetary donations to American Red Cross. To find your local Red Cross, visit the American Red Cross website <a href="here">here</a>. If you need assistance, call: 1-800-RED-CROSS (800-733-2767). To find your local Red Cross chapter, click <a href="here">here</a>.

## **Warming Centers:**

The Mississippi Emergency Management Agency has opened warming centers ahead of the storm. Click the link <u>here</u> to see a list by county.

# **Power Outage Map:**

Click here to view a power outage map across the state.

# **Department of Insurance**

Visit the website <u>here</u> for information from the Louisiana Department of Insurance regarding disaster and claim related information.

#### **North Carolina**

# Office of the Governor of North Carolina - Josh Stein

Governor Stein has declared a State of Emergency for North Carolina. Read the full declaration <a href="https://example.com/here.">here.</a> The governor will provide informational updates on current state of emergencies and potential impacts from the storm. You may visit the Governor's website here.

# **North Carolina Department of Public Safety Emergency Management**

North Carolina Emergency Management deploys state resources, administers grants, and manages response to disasters. For more information, visit their website <a href="https://example.com/html/>here.">here.</a>

• For current list of emergency shelters, visit the link <a href="here.">here.</a>

## **Ready NC**

Ready NC provides information on emergencies, including weather emergencies in the area. Ready NC offers evacuation routes, cold weather conditions, road conditions, power outage, disaster assistance shelter information and more. For more information, visit the website <a href="here">here</a>.

## **North Carolina Department of Transportation**

North Carolina Department of Transportation provides information and resources on road closures and traffic conditions through <u>NC 511</u> Information Line. Storm Resources are available **here.** 

#### **North Carolina 211**

North Carolina 211 connects callers to health and human service information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, basic needs, and disaster assistance. To find your local 211, visit the website <a href="here">here</a> and enter your city, county, or zip code.

#### **American Red Cross - North Carolina**

The American Red Cross is one member of the local, state, and federal disaster response community. During a disaster, the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. Individuals may provide monetary donations to American Red Cross. Visit the American Red Cross website <a href="here">here</a>. If you need assistance, call: 1-800-RED-CROSS (800-733-2767). To find your local Red Cross chapter, click <a href="here">here</a>.

# **Warming Centers**

Several warming centers have opened in counties across the state. To find a local warming center, residents may call 2-1-1 from anywhere within their county. Click the links below for some available warming centers:

- Guildford County
- Cumberland County
- The City of Asheville

#### **Power Outage Maps**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

- Poweroutage.us
- Duke Energy

## **North Carolina Department of Insurance**

Visit the website <u>here</u> for information from the North Carolina Department of Insurance regarding disaster related information including emergency planning and tips for filing claims.

#### **Rebuild NC**

This agency operates statewide and helps homeowners rebuild after natural disasters. The North Carolina Office of Recovery and Resiliency manages several programs that support long-term disaster recovery and resiliency including homeowner recovery, infrastructure recovery, affordable housing, resiliency, strategic buyout, and local government grants and loans. To apply for these programs, please visit their **website**.

#### Oklahoma

# Office of the Governor of Oklahoma - J. Kevin Stitt

Governor Stitt has declared a State of Emergency for Oklahoma. Read the full declaration <a href="https://here.">here.</a> The governor will provide informational updates on current state of emergencies and potential impacts from the storm. You may visit the Governor's website <a href="https://here.">here.</a>

# Oklahoma Department of Emergency Management

The Oklahoma Department of Emergency Management (OEM) remains in contact with emergency managers across the state and is coordinating with agencies and organizations across the state. To view information regarding emergency alerts, disaster response and recovery, and more, click the link <a href="here">here</a>.

#### 211 Oklahoma

2-1-1 operates nationwide and connects callers to human service information. This service operates 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, rent/utility assistance, and disaster response programs. Dial 211 from your cellphone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for

resources or find the local number for your local 211 service center by visiting their **website**.

Western Oklahoma: Phone: 211 or 405-840-9396
Eastern Oklahoma: Phone: 211 or 877-836-2111

#### American Red Cross of Central and Southwest Oklahoma

The American Red Cross is one member of the local, state, and federal disaster response community. During a disaster, the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. Visit the American Red Cross website <a href="here">here</a>. If you need assistance, call: 1-800-RED-CROSS (800-733-2767). To find your local Red Cross chapter, click <a href="here">here</a>.

## **Warming Centers**

Several warming centers have opened in counties across the state. To find a local warming center, residents may call 2-1-1 from anywhere within their county. Click the link <a href="here">here</a> from 2-1-1 to see available warming centers.

# **Power Outage Maps**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

- Poweroutage.us
- OG&E
- Oklahoma's Electric Cooperatives

# **Oklahoma Department of Transportation**

The Oklahoma Department of Transportation provides access to road conditions and traffic advisories. To learn more about road conditions and closures in your area, visit their website **here**.

#### **South Carolina**

# Office of the Governor of South Carolina – Henry McMaster

Governor Henry McMaster has declared a State of Emergency for South Carolina. Read the full declaration <u>here</u>. The governor will provide informational updates on current state of

emergencies and potential impacts from the storm. You may visit the Governor's website **here.** 

## **South Carolina Emergency Management Division (SCEMD):**

Information on severe weather and disaster preparedness and recovery can be viewed at this agency's website <a href="here">here</a>. Additionally, the Emergency Management Division will have information on county specific resources for shelters, school closures, press releases and more. Residents can download this agency's <a href="here">app</a> to get notifications and live updates.

#### 211 South Carolina

2-1-1 South Carolina connects callers to health and human service information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, basic needs, and disaster assistance. To find your local 211, visit the website <a href="here">here</a> and enter your city, county, or zip code. You may also dial 2-1-1 or text "help" to 211-211 for assistance.

# **American Red Cross - South Carolina**

The American Red Cross is one member of the local, state, and federal disaster response community. During a disaster, the Red Cross provides shelter, food, emotional support, health services, clean-up supplies and comfort items. Visit the American Red Cross website <a href="here">here</a>. If you need assistance, call: 1-800-RED-CROSS (800-733-2767). To find your local Red Cross chapter, click <a href="here">here</a>.

#### **Catholic Charities of South Carolina**

Catholic Charities offers disaster preparedness, response, relief, and recovery support. They work closely with the SC Emergency Management Division to provide cleaning kits, food, water, baby supplies, hygiene items and more. This agency accepts donations and support with volunteering. For more information, please visit this agency's website <a href="here.">here.</a> Find the nearest location by county <a href="here.">here.</a>

## **Warming Centers:**

Several warming centers have opened in counties across the state. To find a local warming center, residents may call 2-1-1 from anywhere within their county. Click the link <a href="here">here</a> from 2-1-1 to see available warming centers. Additional centers may be found <a href=here</a>.

## **Power Outage:**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

- <u>Poweroutage.us</u>
- Duke Energy
- The Electric Cooperatives of South Carolina

## **South Carolina Department of Transportation (SCDOT)**

South Carolina Department of Transportation provides information and resources on traffic conditions through <u>SC 511</u> Traveler Information System. Storm Resources are available **here.** 

## **South Carolina Department of Insurance**

Visit the website <u>here</u> for information from the South Carolina Department of Insurance regarding disaster related information including emergency planning and tips for filing claims.

#### **Texas**

# Office of the Governor - Greg Abbott

Governor Greg Abbott has declared a state of emergency ahead of the winter storm. The governor will provide informational updates on current state of emergencies and potential impacts from the storm. You may visit the Governor's website <a href="https://example.com/here.co

# <u>Texas Division of Emergency Management (TDEM)</u>

Information regarding emergency updates, road closures and power outages in Texas can be found on the website **here**. Click **here** to view the January Winter Weather page.

Additionally, TDEM has provided a resource guide to help residents with navigating through severe weather damage. These resources can be located <u>here.</u>

#### **Road Closures and Traffic- Drive Texas**

For additional traffic information visit the website for the Texas Department of Transportation <a href="https://example.com/here">here</a>. The interactive map shows real-time updates and users can filter by conditions such as accidents, flooding, damage, construction and more.

• Phone: 1-800-452-9292

## 211 United Way of Texas

2-1-1 operates nationwide and connects callers to human service information. This service operates 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, rent/utility assistance, and disaster response programs. Dial 211 from your cellphone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service center by visiting their website here.

Phone: 211 or 877-541-7905

#### **Warming Centers**

Several warming centers have opened in counties across the state. To find a local warming center, residents may call 2-1-1 from anywhere within their county. Click the link <a href="here">here</a> from 2-1-1 to see available warming centers.

#### **Power Outage:**

Residents are encouraged to check with their service provider for updates on outages. See below for outage maps across the state:

Poweroutage.us

# **Texas Department of Insurance**

Visit the website <u>here</u> for information from the Texas Department of Insurance regarding disaster related information.

#### **National Resources**

# <u>National Weather Service by the National Oceanic and Atmospheric</u> <u>Administration (NOAA)</u>

Updated information on current weather conditions can be found <a href="here">here</a>. The National Weather Service has additional information on its website <a href="here">here</a> regarding extremely cold weather, winter storms and safety. Stay up to date with alerts by tuning into the NOAA Weather Radio All Hazards (NWR) network. The NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day, 7 days a week. Find your local station <a href="here">here</a>.

#### Ready.Gov

Ready.gov is a national public service campaign designed to educate and empower Americans to prepare, respond and mitigate emergencies, including natural and manmade disasters. For preparedness resources and information on staying safe during and after a winter storm, visit their website <a href="here">here</a>. Click <a href="here">here</a> for information on how to receive emergency alerts regarding weather and public safety.

#### Foodpantries.org

Foodpantries.org is a directory of food banks, soup kitchens and non-profit organizations committed to fighting hunger. Individuals can search for food resources in their area. Please contact your local stores/pantries for their hours and status regarding openings/closings.

• Website: https://www.foodpantries.org/

# **The Salvation Army**

The Salvation Army provides a variety of programs and services that may include shelters during emergencies, financial assistance for rent, mortgage, utilities, food and other needs. Programs and services may vary based on location. If interested, contact your local Salvation Army. To find your local agency visit The Salvation Army's website <a href="here">here</a>, then click on "I Need Help" at the top of the page, then enter your zip code in the "Find A Center Near You" field.

Phone: 1-800-SAL-ARMY

Website: <a href="https://www.salvationarmyusa.org/usn/">https://www.salvationarmyusa.org/usn/</a>

# **Homeless Shelter Directory**

The Homeless Shelter Directory provides information on homeless shelters and homeless service organizations. This includes various resources necessary to help those in need. Please visit their website <a href="here">here</a>. Click on your state and then choose the city or closest city near you. A list will populate and provide shelters details.

Website: <a href="https://www.homelessshelterdirectory.org/">https://www.homelessshelterdirectory.org/</a>

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

Visit the FEMA website for information **here**.

To Register for FEMA Disaster Assistance:

Online: www.disasterassistance.gov

Please note, your area must first officially be declared a disaster area before FEMA can get involved.

In addition, you can find local resources in your state (including your state's emergency management organization) by visiting <a href="https://www.fema.gov/locations">https://www.fema.gov/locations</a> and entering your city and state or zip code. Once the page returns results, scroll down until you see "Links and Resources". Please note, information will vary by state.

# **Centers For Disease Control and Prevention (CDC)**

This listing provides resources for information about hypothermia, frostbite, and safely dealing with extreme cold winter weather. You may find information <a href="here">here</a> about natural disasters and severe weather.

The National Institute for Occupational Safety and Health (NIOSH) has information regarding cold stress for workers who are exposed to extreme cold or work in cold environments. Visit their website <a href="https://example.com/here">here</a> for information.

#### **National Mental Health Resources**

# **SAMHSA's Disaster Distress Helpline**

This helpline, through the Substance Abuse and Mental Health Services Administration (SAMHSA), can provide immediate crisis counseling to anyone who is experiencing emotional distress related to any natural or human-caused disaster. The help line is

available 24 hours a day, 7 days a week at (800) 985-5990. You can also reach them via text message by texting "TalkWithUs" to 66746. You can find more information online <u>here</u>.

#### **SAMHSA Behavioral Health Treatment Services Locator**

Visit the website **here**.

This line is available 24 hours/day and 7 days/week. The Behavioral Health Treatment Services Locator provides information and a search tool for behavioral health and substance abuse/addiction services in the United States and U.S. Territories. You can access the free and confidential treatment provider search tool using the link listed above. After completing the search criteria, you can view a list of treatment providers and detailed information about each provider.

You may also call (800) 662-4357 to receive free and confidential information about mental health and substance abuse treatment services in your area.

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

# **Resources For Living**

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

©2025 Resources For Living