

HURRICANE HARVEY DISASTER RELIEF RESOURCES & INFORMATION

FEMA



Residents and business owners in designated counties who sustained disaster related damage due to tropical storm Harvey, and are able to do so, can apply for assistance by registering online at WWW.DISASTERASSISTANCE.GOV Registering online, at WWW.DISASTERASSISTANCE.GOV, is the quickest way to register for FEMA assistance since the event will last several days and the full scope of damages may not be evident until the storm has passed.

If you do not have access to the internet you may register by calling 1-800-621-fema (3362) or 1-800-462-7585 (tty). If you use 711 relay or video relay service (vrs), call 800-621-3362 directly. The toll-free telephone numbers will operate from 6:00 a.m. To 10:00 p.m. (local time) seven days a week until further notice

VETERANS RESOURCES/BENEFITS HELP

- 1-877-WAR-VETS is an around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.
- Department of Veterans Affairs' alerts and updates in response to Hurricane / Tropical Storm Harvey and veterans' benefits. <http://www.blogs.va.gov/VAntage/hurricane-harvey/>
- Benefit Payment Disruption – What is the process to get your VA check <http://www.blogs.va.gov/VAntage/40775/need-know-va-benefits-aftermath-hurricane-harvey/>
- TexVet is dedicated to providing veterans, military members and their families with equal access to information. <http://www.texvet.org/>
- The Texas Veterans Portal connects veterans, their families, and caregivers to the benefits and services earned through their military service. <https://veterans.portal.texas.gov/>
- Fund for Veterans' Assistance Grantees - Veterans in need of assistance should review the documents here to find organizations currently assisting Veterans in their county. <https://www.tvc.texas.gov/wp-content/uploads/2017/09/2017-18-FVA-Grants-List.xlsx>
- The Texas Tribune created a list of resources if you need help or would like to offer help here <https://www.texastribune.org/2017/08/28/hurricane-harvey-relief-efforts-how-help/>
- Combined Arms, Houston's hub for veterans, has its priorities in response to Harvey listed [here](#). They will serve as [the hub](#) for veterans in need to be routed to available resources.



PHARMACY INFORMATION



Eligible veterans with a VA ID Card needing an emergency supply of medications will be able to go to any CVS or HEB pharmacy with a written prescription or active VA prescription bottle to receive a 14-day supply. Veterans needing assistance can also call the Heritage Health Solutions Veterans Help line at 1-866 265-0124 to speak to a representative.

SHELTERS

- Find an open shelter near you by texting SHELTER and your zip code to 4FEMA (43362). You can also use the [FEMA mobile app](#). FEMA is also providing resources for people with disabilities, access and functional needs on [its website](#).
- Houston - [ABC 13 Eyewitness News](#) has updated shelter information.
 - George R. Brown Convention Center at 1001 Avenida de las Americas (713) 853-8000
 - MO Campbell Center at 1865 Aldine Bender Road (281) 985-6110
 - Golden Acres Baptist Church at 2813 Pansy Street (281) 487-0582
 - Forge for Families at 3435 Dixie (713) 660-1860
 - Frank Dobie High School at 10220 Blackhawk Boulevard (713) 740-0370
 - Pasadena High School at 206 South Shaver, Pasadena (713) 740-0310
- City of San Marcos
 - San Marcos Activity Center at 501 E. Hopkins
- City of Bastrop
 - First United Methodist Church of Bastrop at 1201 Main Street
- Smithville
 - Smithville Recreation Center at 106 Gazley St. in Smithville,
- Austin
 - 7000 Metropolis Drive & Delco Center at 4601 Pecan Brook Drive
- San Antonio
 - 1734 Centennial Blvd. & San Antonio Shelter Hub at 201 Gemblet Street
- Mesquite
 - 15515 IH 20 in Mesquite
- Bruni/Webb County
 - Bruni High School at 619 F. Ave. Bruni, Texas



HOUSING REPAIR



OPERATION FINALLY HOME

Providing repair work in partnership with the Houston Builders Association for disabled veterans.

Email contact@operationfinallyhome.org or visit www.operationfinallyhome.org

EDUCATION & EMPLOYMENT INFORMATION



Education:

For those individuals in the selective reserves mobilized or called to active duty in support of Hurricane Harvey under section 688, 12301(a), 12301(d), 12301(g), 12302, or 12304 of title 10, U.S.C.

- Schools should terminate affected students last day attended
- No debts will be established for tuition and fees for the term
- No debts will be created for the books and supplies stipend
- Monthly housing will be paid through the end of the month
- Entitled used during the period certified is restored (student who are Title 32 are not eligible to have entitlement restored)

Contact the Education Call Center at 1-888-442-4551 (Monday – Friday, 7 a.m. – 6 p.m. CST) for any questions about your GI Bill benefits.

Employment:

The U.S. Department of Labor is assisting with recovery efforts in communities affected by Hurricane Harvey which includes a variety of workplace safety, income, and job assistance.

<https://www.dol.gov/general/hurricane-recovery>

WAYS TO HELP



AUSTIN DISASTER RELIEF NETWORK (ADRN)

MONETARY DONATIONS: The ADRN is asking for donations to provide support to survivors and will be distributed in the form of gift cards, emergency housing, emergency transportation and/or building materials. Donations can be made <https://adrn.org/give/>.

IN-KIND DONATIONS: The Hope Family Thrift store located at 1122 E. 51st Street in Austin will have a receiving dock open Monday through Saturday from 10 a.m. to 5 p.m. to collect supplies donations.

Items Needed: toiletries, new pillows and blankets, cleaning supplies, utility knives, leather work gloves, inflatable mattresses, hand sanitizer and box fans.

VOLUNTEERS: Sign-up information can be found here, <https://adrnvolunteer.org/> or at 512-806-0800.

THE MISSION CONTINUES	<p>The Mission Continues has transitioned all five Houston operations to long-term, ongoing Harvey recovery operations and needs volunteers of all ability levels. These efforts are led by Service Platoons in the following locations:</p> <ul style="list-style-type: none"> • Kashmere Gardens • Independence Heights • KIPP North Campus • Sunnyside • Greater East End
AMERICAN RED CROSS	<p>Accepting donations at www.redcross.org or by texting HARVEY to 90999 to donate \$10. 1-800-RED CROSS (1-800-733-2767).</p>
AMERICARES	<p>Provides medicine and supplies to survivors http://www.americares.org/</p>
CATHOLIC CHARITIES GALVESTON/HOUSTON	<p>Provides food, clothing, shelter and support services to those from all religious backgrounds. https://catholiccharities.org/</p>
SALVATION ARMY	<p>Accepting donations at http://disaster.salvationarmyusa.org/ or by calling 1-800-SAL-ARMY (1-800-725-2769) or texting STORM to 51555.</p>
BLOOD DONATION	<ul style="list-style-type: none"> • AABB: Requesting blood donations. Most in demand: those with type O-positive blood. Call 301-907-6977 or visit www.aabb.org • Carter BloodCare: covers hospitals in north, central and east Texas. To donate, call 877-571-1000 or text DONATE4LIFE to 444-999. • America's Blood Centers: www.americasblood.org or 1-888-USBLOOD • Armed Services Blood Program: http://www.militaryblood.dod.mil/ or at 703-681-5979
HURRICANE HARVEY RELIEF FUND	<p>Setup by Houston's Mayor, Sylvester Turner, which is administered by the Greater Houston Community Foundation. Donate at www.ghcf.org</p>
FOOD BANKS	<ul style="list-style-type: none"> • Houston: http://www.houstonfoodbank.org/ or at 832-369-9390 • Corpus Christi: http://www.foodbankcc.com/ or at 361-887-6291 • Bastrop Food Pantry at 806 Fayette Street, Bastrop, Texas
TEXAS DIAPER BANK	<p>Asking for diapers and wipes, which can be dropped off in person or mailed to 5415 Bandera Road, Suite 504, San</p>

	<p>Antonio, Tex., 78238. More info. http://www.texasdiaperbank.org/</p>
<p>ANIMAL RESCUE</p>	<ul style="list-style-type: none"> • Austin Pets Alive: Needing foster parents and monetary / in-kind donations. Info at www.austinpetsalive.org • Austin Humane Society: Needing foster parents and in-kind donations. Info at http://www.austinhumanesociety.org/ • Austin Animal Center: If you find a stray cat or dog to exhaust all resources in seeking the home of the animal before bringing it into the shelter. Accepting donations of towels, food, bedding, toys and monies. More info on how you can support the AAC can be found at http://www.austintexas.gov/department/aac. • Houston Humane Society at Houstonhumane.org • San Antonio Humane Society at Sahumane.org

Resources for Immediate Disaster Behavioral Health Response

General Disaster Response and Recovery Information

- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources. <http://store.samhsa.gov/shin/content/SMA13-4776/SMA13-4776.pdf>

This tip sheet is also available in Spanish at

<http://store.samhsa.gov/shin/content//SMA13-4776SPANISH/SMA13-4776SPANISH.pdf>.

- **Psychological First Aid (PFA)**—Developed jointly by the National Center for Posttraumatic Stress Disorder and the National Child Traumatic Stress Network, PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress, and to foster short- and long-term adaptive functioning. <http://www.ptsd.va.gov/professional/materials/manuals/psych-first-aid.asp>
- **Effects of Traumatic Stress After Mass Violence, Terror, or Disaster**—This web page from the National Center for Posttraumatic Stress Disorder (PTSD) describes the emotional, cognitive, physical, and interpersonal reactions that disaster survivors may experience and discusses potentially severe stress symptoms and PTSD, anxiety disorders, and depression. The page also provides information about how survivors can reduce their risk of psychological difficulties and recover from disaster stress. <http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/stress-mv-t-dhtml.asp>
- ***Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster***—This fact sheet from the American Red Cross explains normal reactions to a disaster, what a survivor can do to cope with these emotions, and where to seek additional help if needed. http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240142_EmoionalHealth.pdf

Hurricane- and Flood-Specific Information

- **Disaster-Specific Resources Disaster Behavioral Health Information Series (DBHIS) Installment**—This SAMHSA Disaster Technical Assistance Center (DTAC) DBHIS installment is a collection of resources focused on preparedness and response for specific types of disasters. The main installment is here: <http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS>

Also available are subsections specific to hurricanes <http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Hurricane-DBHIS> and floods [http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter\[0\]=Flood](http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter[0]=Flood)

- **Hurricanes and Tropical Storms**—The SAMHSA Disaster Distress Helpline provides information on who is most at risk for emotional distress from hurricanes and tropical storms and where to find disaster-related resources.
<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/hurricanes>
- **Natural Disasters and Severe Weather**—The mission of the Centers for Disease Control and Prevention (CDC) is to increase the health security of the United States. This CDC website provides information on a host of types of natural disasters, including hurricanes and floods.
<http://www.cdc.gov/disasters/index.html>
- **Hurricane Preparedness**—The American Red Cross provides tips on how to properly prepare and respond to typhoons/hurricanes in order to remain healthy and safe.
<http://www.redcross.org/prepare/disaster/hurricane>
- **Ready: Floods**—This Federal Emergency Management Agency page includes safety information; facts; and tips on what to do before, during, and after flooding.
<http://www.ready.gov/floods>

Resources for Faith-based Communities and Spiritual Leaders

- ***Psychological First Aid: Spiritual Leader and Practitioners***—This tip sheet discusses the importance and benefits of Psychological First Aid (PFA) in faith-based communities and how to reach out to those who need help and provide them with comfort and care. PFA is an approach that the general public can use to assist others immediately after a disaster. The tip sheet discusses how to recognize basic needs, support problem-solving, validate survivors' feelings and thoughts, help survivors connect with support systems, educate survivors about stress responses, and reinforce strengths and positive coping strategies.
https://www.omh.ny.gov/omhweb/disaster_resources/pfa/Spiritual.pdf
- ***Faith Communities and Disaster Mental Health***—This NDIN tip sheet provides information for religious leaders about common stress reactions people may experience in response to a disaster and suggests ways they can cope, and help others cope, with disaster stress reactions. The sheet also provides information on referring people for mental health services.
http://www.ndin.org/ndin_resources/tipsheets_v1208/11_NDIN_TS_DisasterMentalHealth.pdf
- ***Tips & Lessons—Disaster Response: The Sunday After a Disaster***—This tip sheet from Episcopal Relief & Development offers advice on how to provide community and congregational support after a disaster.

<http://www.episcopalrelief.org/uploads/EducationFileModel/56/file/Sunday-After-Disaster.pdf>

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- ***Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers***—This fact sheet can help parents, caregivers, and teachers recognize and address problems in children and teens affected by a disaster. Readers can learn about signs of stress reactions that are common in young survivors at different ages, as well as how to help children through grief.
<http://store.samhsa.gov/product/Tips-for-Talking-With-and-Helping-Children-and-Youth-Cope-After-a-Disaster-or-Traumatic-Event-A-Guide-for-Parents-Caregivers-and-Teachers/SMA12-4732>
- **Help Kids Cope**—This free mobile app provides information to help parents and other caregivers, teachers, counselors, and other prepare for and talk about disasters with kids. The app features tips and checklists to help with disaster preparation; information about how children typically respond to disasters; and links to kids' books, activities, and other resources. Developed by the National Child Traumatic Stress Network and other organizations, the app runs on iPhone, iPad, and iPod Touch.
<http://www.nctsn.org/content/help-kids-cope>
- **Hurricanes**—This federal website offers information geared toward kids on preparing, responding, and staying safe after a hurricane.
<http://www.ready.gov/kids/know-the-facts/hurricanes>
- **Parent Tips for Helping Children and Teens After Disasters**—These tables list possible reactions, suggested responses, and examples of things parents can do and say to children and teens affected by a disaster. Tables are available for specific age ranges.

For infants and toddlers:

http://www.nctsn.org/sites/default/files/pfa/english/appendix_e4_tips_for_parents_with_infants_and_toddlers.pdf

For preschool-age children:

http://www.nctsn.org/sites/default/files/pfa/english/appendix_e5_tips_for_parents_with_preschool_children.pdf

For school-age children:

http://www.nctsn.org/sites/default/files/pfa/english/appendix_e6_tips_for_parents_with_schoolage_children.pdf

For adolescents:

http://www.nctsn.org/sites/default/files/pfa/english/appendix_e7_tips_for_parents_with_a_dolentscents.pdf

Resources Focused on Older Adults

- **Healthy Aging: Emergency Preparedness for Older Adults**—This CDC web page provides links to materials on a range of emergency preparedness considerations for older adults.
<http://www.cdc.gov/aging/emergency/index.htm>
- ***What You Need To Know About . . . Helping the Elderly Recover From the Emotional Aftermath of a Disaster***—This one-page fact sheet lists common reactions older adults may have after a disaster and warning signs that they may need extra help, as well as strategies to help older adults with special needs they may have.
http://www.dshs.state.tx.us/preparedness/factsheet_elderly_emotional_recovery.pdf

Resources for Disaster Responders

- ***Tips for Disaster Responders: Preventing and Managing Stress***—This SAMHSA tip sheet helps disaster response workers prevent and manage stress. It includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment.
<http://store.samhsa.gov/shin/content/SMA14-4873/SMA14-4873.pdf>

This tip sheet is available in Spanish at <http://store.samhsa.gov/shin/content/SMA14-4873SPANISH/SMA14-4873SPANISH.pdf>.

- **Disaster Mental Health for Responders: Key Principles, Issues and Questions**—This Centers for Disease Control and Prevention (CDC) web page presents information that may be helpful to disaster survivors and first responders during and after a disaster. The page opens with guiding principles and also features survivor needs and common responses to disasters, signs that someone may need a mental health referral, common signs of stress among disaster responders, and examples of ways to care for yourself after a disaster.
<http://emergency.cdc.gov/mentalhealth/responders.asp>
- ***Psychological First Aid: How You Can Support Well-Being in Disaster Victims***—This fact sheet by the National Child Traumatic Stress Network explains how disaster response workers can use Psychological First Aid to help people in distress after a disaster.
http://www.cstsonline.org/assets/media/documents/CSTS_psychological_first_aid.pdf
- ***Emergency Responders: Tips for Taking Care of Yourself***—In this online article, the CDC identifies common sources of stress for responders and notes the importance of stress management for responders. It also offers stress management techniques to use before, during, and after disaster response.
<https://emergency.cdc.gov/coping/responders.asp>

- **Traumatic Incident Stress: Information for Emergency Response Workers**—This CDC fact sheet outlines symptoms of traumatic incident stress and lists activities emergency response workers can do on site and at home to cope with disaster response.
<http://www.cdc.gov/niosh/docs/2002-107/pdfs/2002-107.pdf>

Suicide and Disaster Information

- **Suicide & Disaster Information Behavioral Health Information Series (DBHIS) Installment**— This installment of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) focuses on helping emergency planners and disaster behavioral health responders learn about integrating suicide prevention and intervention into disaster behavioral health preparedness and response. Topics covered include but are not limited to the following:
 - Suicide prevention screening and assessment tools and interventions for disaster behavioral health responders, veterans and their families, and school personnel
 - Training, hotlines, and support

<https://www.samhsa.gov/dbhis-collections/suicide-disasters?term=suicide-disasters-DBHIS>

- **Disaster Distress Helpline wallet card: Having trouble coping after a disaster? Talk with us-** This SAMHSA wallet card highlights warning signs of psychological stress that individuals may experience following a disaster. It also provides contact information to enable individuals to call (1-800-985-5990) or text ("TalkWithUs" to 66746) a behavioral health professional at the Disaster Distress Helpline for support.
<http://store.samhsa.gov/product/Having-Trouble-Coping-After-a-Disaster-Talk-With-Us-PEP12-DDHCARDo>
- **National Suicide Prevention Lifeline** - U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (HHS, SAMHSA)- The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. When someone calls the helpline, his or her call is routed to the nearest crisis center. The Lifeline's national network, consisting of more than 150 local crisis centers, provides crisis counseling and mental health referrals day and night.
<http://www.suicidepreventionlifeline.org> (link is external)