



## **Disaster Assistance Resource List**

*This document contains a list of available disaster resources, programs and information that you may find helpful during this difficult time. If you have questions or need additional support please feel free to contact Families Helping Families of SWLA. We are here to help...*

**Disaster Assistance** [www.DisasterAssistance.gov](http://www.DisasterAssistance.gov) or call FEMA's Helpline at 1-800-621-FEMA. If you are deaf, hard of hearing, or have a speech disability and use TTY, please call 800-462-7585. if you use 711 or Video Relay Service (VRS), call 800-621-3362

**Aging Services: Health and Human Services:** Provides services such as transportation, meals, home care, etc. to meet the needs of older adults who have been directly affected by a declared disaster. For more information on Aging Services, please call 1-800-677-1116

**Disaster Unemployment Assistance:** Assistance to individuals who lost work due to the disaster, including the self-employed and those not covered under standard unemployment insurance programs. For more info, please contact your local unemployment office or call 1-866-783-5567

**American Red Cross:** Emergency food, clothing, shelter and medical assistance for individuals and families with emergency needs caused by the disaster. For additional information, please call 1-866-438-4636 (866-GETINFO) or 1-800-257-7575 (Spanish)

**Salvation Army Disaster Response:** <https://salvationarmysouth.org/ways-we-help/disaster-services/> Provides relief services such as training, food services, emotional & spiritual care, emergency communications, disaster social services, and long-term recovery programs.

**U.S Department of Labor Career One Stop:** <https://www.careeronestop.org/> The U.S Dept. of Labor disaster portal provides disaster survivors with web links to state agencies providing unemployment benefits, employment opportunity information, social and family services and disability resources. 1-877-US2-JOBS

**Disaster Supplemental Nutrition Assistance Program:** <http://dcfs.louisiana.gov/page/dsnap>

**United Way 2-1-1 Information & Referral Helpline:** 211 is a community's go-to resource. 24 hours a day, seven days a week, 211 specialists connect callers with the help they need. During times of disaster, 211 supports communities before and during disasters. For more information visit <https://www.unitedway.org/recovery> or <https://unitedwayswla.org/>

**Catholic Charities Of SWLA:** <https://www.catholiccharitiesswla.com/> (337) 439-7436 Provides help to individuals who are in need of assistance. Services which includes, but is not limited to direct services for the poor such as rent, utilities, food, housing, and other basic needs. Donations specified for Hurricane Laura relief will be used to aid the poor in the Southwest Louisiana Community who have been impacted by the storm. Catholic Charities is also providing **\*\*Laundry Services Available\*\*** Please come to Catholic Charities at 1225 2nd Street between 8:30am and 9:00am, Monday through Friday, to either schedule an appointment to do your own laundry or to receive a voucher. Please stay in your car. Please Turn on First Avenue from Broad and then turn right on Second Street and then right into the first entrance into Catholic Charities. We will only make appointments in-person and give vouchers in-person.

**Federal Student Aid- Disaster Assistance: 1-800-433-3243** Students or Federal Student Loan Borrowers who have been impacted by a federally declared disaster can call for more information on options for financial aid, federal student loans and repayment options for student loans.

**Internal Revenue Service- Disaster Tax Information: 1-866-562-5227** Individuals or business owners needing information regarding disaster tax relief. Search "disaster" on website for additional resources. Tax relief to disaster survivors which may include postponing tax deadlines.

**LA Dept. of Insurance: 1-800-259-5300** Assistance for consumer complaints regarding insurance companies.

**Disaster Legal Services: FREE** legal services for low-income individuals to include legal counseling, advice or representation for disaster related issues. For additional info you will need to contact FEMA's helpline at 1-800-621-3362

**True RX Savings (includes pet medications): 1-800-213-7632** Disaster applicants will be given a discount card (free of charge) offering large discounts on most well-known prescription drugs lost during a disaster for families and pets. The card is available to the general public and can be printed from the foundation's website or ordered by telephone.

**The Disaster Distress Helpline:** <https://www.samhsa.gov/find-help/disaster-distress-helpline> **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

**Crisis Text Line:** Text HOME to 741741 to connect with a trained crisis counselor. Crisis text line serves everyone **FREE** of charge 24/7 they can also help someone in need of finding crisis related resources.