

Earthquake Resources

Natural disasters like earthquakes not only affect you physically, but emotionally as well. As you face the damage a natural disaster leaves in its wake, you may experience a discomfiting loss of control. Your coping mechanisms are stretched thin at a time when others may be depending on you for care and protection, all while you yourself may be feeling distressed and even frightened about nature's fury.

It is easy to become overwhelmed with one's feelings and information at this time. Your EAP provides short-term, solution-focused counseling as well as referrals to local resources such as shelters, financial assistance, contractors, handymen, and more. This program is provided as an employee benefit at no cost to you.

If you, or any of your dependent family members, has been affected by an earthquake, Workplace Solutions can help with professional counseling, referrals, and assistance on these topics and more:

- Managing your feelings of stress and loss
- How to support children, elders, and friends
- Relocation and housing
- Disaster-relief organizations and agencies
- Steps to financial recovery
- Practical information about cleaning
- Contractors and restoration professionals

For additional earthquake resources, please click on the following links:

Earthquake Preparedness and Recovery Resources

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>
- <https://www.ready.gov/earthquakes>
- <https://www.cdc.gov/disasters/earthquakes/index.html>
- <https://www.alz.org/help-support/caregiving/safety/in-a-disaster>
- <https://www.disasterassistance.gov>
- <https://www.salvationarmyusa.org/usn/help-disaster-survivors/>

Federal Emergency Management Agency (FEMA)

500 C Street Southwest
Washington, DC 20472
800-621-FEMA

<https://www.fema.gov>

- Text Message Program
 - To locate an open emergency shelter, text SHELTER and a Zip Code to 43362 (4FEMA).
 - To locate an open Disaster Recovery Center, text DRC and a Zip Code to 43362 (4FEMA).

American Red Cross

- [Disaster Preparation, Relief and Recovery](#)
- [Earthquake Safety](#)
- [Local Red Cross Locator](#)
- Smartphone Apps: [Google](#) and [Apple](#) apps will update people on current situation and provide information on safety during a disaster



2-1-1

2-1-1 is an easy-to-remember phone number that connects callers to information and services in times of need. It is available 24 hours a day, seven days a week, even during disasters. Please call if you are seeking resources such as clothing, food, or programs for your family.

- <https://www.211.org/>

SAMHSA Disaster Distress Helpline

The Disaster Distress Helpline 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.

- Nationwide hotline: 800-985-5990
- Text "TalkWithUs" to 66746
- <https://www.samhsa.gov/find-help/disaster-distress-helpline>

If you feel the need for additional support, reach out to Workplace Solutions EAP (your Employee Assistance Program) for confidential, professional guidance at [800-327-5071](tel:800-327-5071). For more information on this topic and other related resources, visit our website at www.wseap.com, click log-in and enter access code *Publicis*.