

ALABAMA RESOURCE GUIDE



U.S. Army Disaster Personnel Accountability and Assessment System (ADPAAS)

As a prudent precaution, all military members are requested to update their contact information and potential evacuation location on their respective Services' accountability systems. If an evacuation order is given, correct information is crucial for accountability!

<https://adpaas.army.mil/>

Emergency Contact Information



Alabama Office of Emergency Services

Phone: (205) 280-2200

5898 Co Rd 41, Clanton, AL 35046

<http://www.ema.alabama.gov/>



TWITTER

FACEBOOK

<https://twitter.com/AlabamaEMA>

<https://www.facebook.com/AlabamaEMA/>



FEMA

<https://www.fema.gov/>



<https://www.ready.gov/>

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81st Readiness Division Family Programs Office

Address: 81 Wildcat Way Fort Jackson, SC, 29207

Alabama Army Reserve Family Programs (81st RD FPO Region 5)

Facebook: <https://www.facebook.com/AL.AR.FamilyPrograms/#>

Customer Satisfaction Survey: <https://www.surveymonkey.com/r/VKMKKLX>

Family Programs Director (FPD): Amber Beals, LCSW, MAC

Phone: 404-469-4319 (office); 910-850-9498 (cell)

Email: amber.m.beals3.civ@mail.mil

Family Programs Coordinator (FPC): Patrick Fowler

Phone: 404-469-4118 (office); 404-734-6332 (cell)

Email: patrick.fowler.civ@mail.mil

www.usar.army.mil/arf



Double Eagle App

<https://www.usar.army.mil/DoubleEagleApp/>

The Double Eagle App allows Soldiers to communicate directly with other Soldiers, unit leaders and important resources such as Family Readiness and Suicide Prevention. This will allow Soldiers to connect with people they may not have the opportunity to meet or speak to otherwise, fostering a greater feeling of community.

Army Reserve Psychological Health Program

Stacey Feig, Team Leader
Army Reserve Staff-Fort Belvoir
Office: 703-806-6905
Cell: 703-254-8246
stacey.a.feig.ctr@mail.mil

The program offers counseling referrals for soldiers and family members, Command consultation, and Traumatic Event Management.

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IMPORTANT CURRENT EMERGENCY INFORMATION



Affected State and County Emergency Management Links

Organization / Program Name	Links
Alabama Office of Emergency Services	http://www.ema.alabama.gov/
Alabama Public Health Department	http://www.alabamapublichealth.gov/

Evacuation Information

Organization / Program Name	Links
Department of Transportation	http://www.dot.gov/
USA Evacuation Routes	http://www.ibiblio.org/rcip/evacuationroutes.html#ala

Fuel

Organization	Links
GasBuddy	http://www.gasbuddy.com/GasPrices/

Power Outages

Organization	Links
PowerOutage.US	https://poweroutage.us
Alabama Power	https://www.alabamapower.com/our-company/outages-and-storm-center.html

Closings and Delays

Organization / Program Name	Links
Alabama State Department of Education	https://www.alsde.edu/
Alabama Department of Transportation	https://www.dot.state.al.us/
Local News Reporting Networks and Radio	See below

Weather

Organization / Program Name	Links
National Weather Service	http://www.weather.gov/alerts
National Hurricane Center	https://www.nhc.noaa.gov/
National Oceanic and Atmospheric Administration	https://www.noaa.gov/

State & Local Newspapers and Media Stations

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Organization / Program Name	Links
Radio Locator	https://radio-locator.com/
The USA Television Directory	https://www.officialusa.com/stateguides/media/television/states/alabama.html
Alabama Radio Directory	https://www.officialusa.com/stateguides/media/radiostations/alabama.html

SAFETY TIPS



ARE YOU PREPARED?

UPDATE FOR EVENT!!

<https://www.ready.gov/be-informed>

Fact sheets can be found at <https://www.ready.gov/>.

BEFORE / AFTER



Organization / Program Name	Links and Contact Information	Description
Ready (Make a Plan)	https://www.ready.gov/make-a-plan	Make a family communication plan so everyone can be prepared.
American Red Cross (Safe and Well)	https://safeandwell.communityos.org/cms/index.php	After a disaster, you can let your family and friends know that you're safe. Register yourself as "safe and well" or search to find loved ones.
National Voluntary Organizations Active in Disaster (VOAD)	https://www.nvoad.org/	National VOAD members respond to disasters in the United States and around the world.
U-Haul Disaster Relief	https://www.uhaul.com/About/DisasterRelief/	U-Haul has a long-time policy of assisting those in need during natural disasters, such as hurricanes, tornadoes, floods, fires, etc., by offering 30 days of free storage at participating U-Haul self-storage facilities on an as-available basis.

FOOD AND WATER RESOURCES



Organization / Program Name	Links and Contact Information	Description
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U.S. Department of Agriculture (Food Assistance for Disaster Relief)	https://www.fns.usda.gov/disaster/disaster-assistance	The Food and Nutrition Service (FNS) coordinates with State, local and voluntary organizations to: Provide food for shelters and other mass feeding sites; Issue Disaster Supplemental Nutrition Assistance Program (D-SNAP) benefits.
FoodPantries.Org	https://www.foodpantries.org/st/	Directory of Food Banks, Soup Kitchens, and non-profit organizations committed to fighting hunger.
Feeding America	http://www.feedingamerica.org/	The Feeding America network is the nation's largest domestic hunger-relief organization.
Alabama Food Bank Association	https://alfba.org/	Alabama is home to four Feeding America food banks and four Feeding America Partner Distribution Organizations, which together serve all 67 counties. They purchase and provide food to over 1,500 pantry and soup kitchen programs across our state.
United Way of Alabama	https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7
Alabama Food Assistance Division	https://mydhr.alabama.gov/	The Food Assistance Division administers the Supplemental Nutrition Assistance Program (SNAP) in Alabama. The Food Assistance Program's purpose is to end hunger and improve nutrition by providing monthly benefits to eligible low income households to help them buy the food they need for good health.

SHELTERS



Organization / Program Name	Links and Contact Information	Description
American Red Cross	http://www.redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter	Find open shelters. If an emergency has forced you to evacuate your home, the Red Cross may be able to help.
FEMA	https://www.arcgis.com/home/webmap/viewer.html?useExisting=1&layers=d000037396514f70a2ba3683e037caee	This web service displays data from the FEMA National Shelter System database.
Homeless Shelter Directory	http://www.homelesshelterdirectory.org/	The Homeless Shelter Directory provides Homeless Shelters and Homeless Service Organizations.

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		This includes all resources necessary to help the needy.
Alabama Shelter Listings	https://www.shelterlistings.org/state/alabama.html	To help the needy find shelter and assistance. This nation is going through tough times and providing a helping hand can help make the world a better place.
United Way of Alabama	https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7

HOUSING RESOURCES



Organization / Program Name	Links and Contact Information	Description
FEMA (Transitional Sheltering Assistance)	https://www.fema.gov/transitional-shelter-assistance	If you are eligible for Transitional Sheltering Assistance, FEMA will pay for the cost to stay in certain hotels or motels for a limited period of time.
FEMA (Participating Hotels)	http://www.femaevachotels.com/	Search the list participating locations. Room availability changes quickly, please call the hotel to be sure the hotel can accommodate your need.
Department of Housing and Urban Development (HUD)	https://www.hud.gov/info/disasterresources	HUD provides a variety of disaster resources.
HOPE NOW	http://www.hopenow.com/	HOPE NOW is a non-profit dedicated to home preservation. The Alliance was encouraged in 2007 by The Department of the Treasury and the US Department of Housing and Urban Development to bring together diverse stakeholders to address housing challenges in local markets and create collaborations to solve problems.
Soldier On	http://www.wesoldieron.org/	Soldier On is committed to ending veteran homelessness. Providing homeless veterans with transitional housing and supportive services.
Rent Assistance	http://www.rentassistance.us/	Rent Assistance lists thousands of local agencies and non-profit organizations that can help you pay your rent or find a better rate.
Low Income Housing	https://www.lowincomehousing.us/AL.html	Find low income apartments in Alabama along with nonprofit organizations that help with low

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		income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.
United Way of Alabama	https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7
Home Improvements and Structural (HISA) Alterations Grant	http://www.benefits.va.gov/HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100.

FINANCIAL RESOURCES



Organization / Program Name	Links and Contact Information	Description
Army Emergency Relief (AER)	https://www.aerhq.org/ https://www.armyemergencyrelief.org/covid19/	For Active Duty Soldiers and Soldiers on Active Duty Orders for more than 90 days AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." If you have questions about applying for AER assistance, please contact HQ AER at 1-866-878-6378.
AER Office Locator	https://www.aerhq.org/Office-Locator	For Active Duty Soldiers and Soldiers on Active Duty Orders for more than 90 days Find Your Closest AER Location
Disaster Assistance Improvement Program (DAIP)	https://www.disasterassistance.gov/	The Disaster Assistance Improvement Program's (DAIP) mission is to provide disaster survivors with information, support, services, and a means to access and apply for disaster assistance through joint data-sharing efforts between federal, tribal, state, local, and private sector partners.
FEMA	https://www.fema.gov/	Helping people before, during, and after disasters.

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U.S. Small Business Administration	https://www.sba.gov/offices/disaster/dacsc	The Office of Disaster Assistance's mission is to provide low-interest disaster loans to businesses of all sizes
Alabama Small Business Administration	https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources http://asbdc.org/	
Alabama Department of Labor – Filing for Unemployment	https://www.labor.alabama.gov/	To file unemployment claims as well as seek employment.
Federal Employees Education and Assistance Fund (FEEA)	https://feea.org/our-programs/disaster-relief/	FEEA offers disaster relief grants to eligible federal employees when these disasters strike.
United Way of Alabama	https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7
Veterans of Foreign Wars (VFW) Unmet Needs Program	http://www.vfw.org/UnmetNeeds	Unmet Needs is there to help America's military families who have run into unexpected financial difficulties as a result of deployment or other military-related activity or injury. The program provides financial aid grants of up to \$1,500 to assist with basic life needs in the form of a grant - not a loan - so no repayment is required.
USA Cares	http://www.usacares.org/	Assisting military families in crisis.
Need Help Paying Bills	https://www.needhelppayingbills.com/	Find information on programs that offer a number of ways to get help with paying bills.
PENFED Foundation	https://penfedfoundation.org/	They offer financial assistance so that all service members are able to serve our nation free of financial worry and that every veteran has a strong financial future.
Operation Home Front	https://www.operationhomefront.org	They offer relief by providing critical financial assistance and transitional housing programs, resiliency through permanent housing and caregiver support, and recurring family support to help military families overcome the short-term “bumps in the roads” so they don't become long-term chronic problems.
OurCalvert	https://ourcalvert.com/military-and-veterans	Provides an extensive list of military and veteran focused financial assistance programs.
Air Warrior Courage	https://www.airwarriorcourage.com	The Foundation work closely with

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Foundation		Red River Valley Fight Pilots Association in Virginia. They serve active duty, guard, reserve, retired military personnel and their families with financial assistance for medical, educational, other extraordinary expenses not covered by current military support systems.
Code of Support	https://www.codeofsupport.org/	COSF helps those in need navigate and access critical services by providing one-on-one support.

MENTAL HEALTH SERVICES



Organization / Program Name	Links and Contact Information	Description
SAMHSA's National Helpline	https://www.samhsa.gov/find-help/national-helpline Phone: 1-800-662-4357 https://www.samhsa.gov/find-help/disaster-distress-helpline	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.
Army Reserve Psychological Health Program	Stacey Feig, Team Leader Army Reserve Staff-Fort Belvoir Office: 703-806-6905 Cell: 703-254-8246 stacey.a.feig.ctr@mail.mil	The program offers counseling referrals for soldiers and family members, Command consultation, and Traumatic Event Management.
Disaster Distress Helpline	https://www.samhsa.gov/find-help/disaster-distress-helpline Phone: 1-800-985-5990	SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
TRICARE	https://www.tricare.mil/CoveredServices/Mental	Mental health problems can affect your thoughts, mood and behavior. Learn about TRICARE's mental health coverage.
Veterans Crisis Line	https://www.veteranscrisisline.net/ Phone: 1-800-273-8255	If you or a family member needs help, call a crisis hotline now!
Give An Hour	https://giveanhour.org/	Give an Hour is a national nonprofit organization with a large network of mental health professionals who offer no cost mental health counseling to those in need. info@giveanhour.org
Military OneSource	http://www.militaryonesource.mil/ Phone: 800-342-9647	Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of Military Life. Also provides interpretation/ translation services and document translation.

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Crisis Text Line	https://www.crisistextline.org/	Text SIGNS to 741741 for the Crisis Text Line
United Way of Alabama	https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7

GENERAL RESOURCES

Civilian Resources		
Organization / Program Name	Links and Contact Information	Description
United Way 211 United Way of Alabama	http://211.org/ https://www.211connectsalabama.org/	United Way provides the most up to date resource information for basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families. You can also contact them by dialing 2-1-1 from any phone or 1-888-421-1266. Available 24/7
Aunt Bertha	http://www.auntbertha.com/	Find food, health, housing, job training programs and more, anywhere.
Suntopia.org	https://www.suntopia.org/	List of social service programs for individuals and families in need.
U.S. Department of Agriculture	http://www.usda.gov/wps/portal/usda/usdahome?navid=disaster-help	Food, Property and Shelter, Food Safety and Food Assistance, Crop and Livestock Loss, Community Recovery Resources.
Federal Deposit Insurance Corporation (FDIC)	https://www.fdic.gov Phone: 877-275-3342	FDIC is an independent agency created by the U.S. Congress to maintain stability and public confidence in the nation's financial system by insuring deposits, examining and supervising financial institutions for safety and soundness and consumer protection, and managing receiverships.
Legal Resources		
Lawyers.Com	https://www.lawyers.com/legal-info/insurance Phone: 800-526-4902	Legal assistance information/ locate an attorney
Legal Services Alabama	https://legalservicesalabama.org/	A non-profit that serves low-income, elderly, and more providing civil legal aid.
Employment Resources		
Alabama JobLink – Alabama Department of Labor	https://joblink.alabama.gov/ada/r/	Whether you're looking for that perfect job, that perfect employee or information on an industry or workforce, Alabama

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		JobLink is for you. AlabamaWorks is a network of interconnected providers of workforce services, including all of the governmental, educational, and private sector components that train, prepare, and match job seekers with employers.
	<u>Senior/Aging Resources</u>	
Alabama Department of Senior Services	http://adss.alabama.gov/ 1.800.AGE-LINE (1.800.243.5463)	The Alabama Department of Senior Services (ADSS) is a cabinet level state agency that administers programs for senior citizens and people with disabilities.
Military Resources		
Organization / Program Name	Links and Contact Information	Description
Military OneSource (MOS)	http://www.militaryonesource.mil/ Phone: 800-342-9647	Military OneSource offers a wide range of individualized consultations, coaching and counseling for many aspects of Military Life.
Joint Services Support	https://www.jointservicesupport.org/Default.aspx	Connecting you to valuable resources and programs you need.
National Resource Directory	https://nrd.gov/	National Resource Directory connects wounded, ill & injured service members, Veterans, their families, and caregivers with those who support them.
Wounded Warrior Project	https://www.woundedwarriorproject.org/programs	Support Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. They provide a variety of veteran programs and services.
<u>Healthcare Related Resources</u>		
TRICARE	http://www.tricare.mil/contactus/	TRICARE is the health care program for uniformed service members, retirees, and their families around the world.
Department of Veterans Affairs	https://www.va.gov/	The US Department of Veterans Affairs provides patient care and federal benefits to Veterans and their dependents.
Fisher House Foundation	https://fisherhouse.org/	Fisher House Foundation builds comfort homes where military & veterans' families can stay free of charge, while a loved one is in the hospital.
<u>Adult Education/Employment Resources</u>		
Hiring Our Heroes	https://www.hiringourheroes.org/	Hiring Our Heroes connects the military community with civilian companies to create economic opportunity and a strong and diversified workforce.

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Still Serving Veterans	https://ssv.org/	Alabama based non-profit serving and honoring Veterans and their families by empowering them to build meaningful lives through connections to fulfilling careers, benefits and services; and to proactively strengthen Veteran communities through leadership and collaboration.
Military OneSource	http://www.militaryonesource.mil/ Phone: 800-342-9647	Whether you are a service member thinking about a college degree, a military spouse wanting to connect with a network of military-friendly employers or a parent hoping for a smooth school transition for your child, Military OneSource offers practical information and resources for pursuing education goals and achieving career aspirations.
<u>Child/Youth Resources</u>		
Military Child Education Coalition (MCEC)	https://www.militarychild.org/	To ensure inclusive, quality educational opportunities for all military-connected children affected by mobility, transition, deployments and family separation.
Military Kids Connect	https://militarykidsconnect.health.mil	This Department of Defense-sponsored website features content for children, tweens, and teens of military families. The site provides an online community that allows these young people to support one another while learning coping and resilience-building skills.
Sesame Street For Military Families	https://sesamestreetformilitaryfamilies.org/	Access our Little Children, Big Challenges family support services, kids learning sites, and other resources for military children, which help all families of military service build the skills they need to be resilient.
Boys & Girls Club of America: Mission Youth Outreach	https://www.bgca.org/about-us/military	Boys & Girls Clubs of America has partnered with the U.S. Armed Services to provide free support and services to military-connected youth on and off installation, in-person and virtually. Because military-connected youth face unique challenges, Boys & Girls Clubs of America helps them access specialized opportunities, cultivate lifelong friendships and develop the resilience they need to build great futures.
EverFi	https://everfi.com/k-12/parent-remote-learning/	Remote learning for K-12 students on a variety of topics, including financial literacy courses, character-building courses, our prescription drug safety program, digital wellness programs, etc.
<u>Peer Support</u>		
Vets 4 Warriors	https://vets4warriors.com/	Our mission is to provide 24/7 confidential, stigma free peer support

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by veterans to Active Duty, National Guard and Reserve service members, Veterans, Retirees, and their families/caregivers.



ONLINE LEARNING RESOURCES

RESOURCE	WEBSITE	DESCRIPTION
Tutor.com	tutor.com/military	Online tutoring
Khan Academy	khanacademy.org	Online tutoring & lessons
Sesame Street	sesamestreet.org	Educational games & videos
PBS Kids	pbskids.org	Educational games & videos
Brain Pop Junior	brainpopjr.com	Educational resources by subject
Highlights Kids	highlightskids.com	Interactive reading activities
Storyline Online	storylineonline.net	Actors reading children's books
Read Works	readworks.org	Reading comprehension
ABCya	abcya.com	Reading games by grade level
Spanish Children's Stories	thespanishexperiment.com	Free Spanish lessons and stories
Scratch	scratch.mit.edu	Writing
Poetry Foundation	poetryfoundation.org	Poems for Children (menu tab)
Math Playground	mathplayground.com	Math games
Extra Math	xtramath.org	Math lessons
Math-Drills Worksheets	math-drills.com	Free printable math worksheets
You Cubed	youcubed.org	Math games & courses
Prodigy	play.prodigygame.com	Final Fantasy style math game
National Geographic Kids	kids.nationalgeographic.com	Science experiments and lessons
NASA Kids Club	nasa.gov/kidsclub	Science games & activities
Bill Nye the Science Guy	youtube.com/user/TheRealBillNye/featured	Full length clips from 100 shows
SciShow Kids	youtube.com/user/scishowkids/featured	Science concepts for young minds
Crash Course Kids	youtube.com/user/crashcoursekids/about	Grade school science
World Atlas	worldatlas.com	Geography information
50 States	50states.com	Information about USA
Eyewitness to History	eyewitnesstohistory.com	History readings/videos
Ben's Guide	bensguide.gpo.gov	Elementary government studies
4-H Stem Lab	4-h.org/parents/stem-agriculture/youth-stem-activities/	Hands-on STEM activities
Scratch	scratch.mit.edu	Programming (ages 8-16)
Code	code.org	Computer science
Built By Kids	builtbykids.com	Engineering 101
Sci Girls	youtube.com/user/scigirlstv/about	PBS STEM series for kids 8-12
Google Art Project	artsandculture.google.com	1,000 works of art
The Learning Station	learningstationmusic.com	Music and movement
Cosmic Kids Yoga	youtube.com/user/cosmickidsyoga.com	Yoga and mindfulness
NICERC	nicerc.org/2020/03/nicerc-home	fundamentals of cybersecurity
Audible (Amazon)	stories.audible.com/start-listen	Free audiobooks for children and teens
College Board - AP	apstudents.collegeboard.org/coronavirus-updates#free-ap-classes	AP Free AP Review Classes on the AP YouTube Channel. Review of skills and concepts from the first 75% of the class.
Learning Keeps Going	learningkeepsgoing.org/parents	Website for parents and educators to provide resources and support.
Scholastic	scholastic.com/teachers/teaching-tools	Day-by-day projects

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PET & LIVESTOCK RESOURCES



Organization / Program Name	Links and Contact Information	Description
Ready.gov	https://www.ready.gov/animals	If you are a pet owner, that plan must include your pets. Being prepared can save their lives. If you evacuate your home, DO NOT LEAVE YOUR PETS BEHIND!
Missing Pet Network	http://www.missingpet.net	The MPN gives advice on how to find missing pet / animals.
American Humane	https://www.americanhumane.org/	American Humane is committed to ensuring the safety, welfare and well-being of animals.
Global Animal Foundation	https://www.globalanimal.org/	Our mission is to swiftly get resources on the ground during natural disasters and other emergencies that put animals, from pets to wildlife, in critical peril.
Alabama Cooperative Extension Services	https://www.aces.edu/	Provides research-based educational programs, resources, and information in agriculture; forestry, wildlife, and natural resources; family and consumer sciences; economic and community development; 4-H and youth development; and urban affairs.

INTERNET/PHONE SERVICE



Organization Name	Links
AT&T	https://www.att.com/
Verizon	https://www.verizonwireless.com/
T-Mobile	https://www.t-mobile.com/
Sprint	https://www.sprint.com/
Straight Talk	https://www.straighttalk.com
Cricket Wireless	https://www.cricketwireless.com/
Spectrum	https://www.spectrum.com
Dish Network	https://www.dish.com/
Direct T.V.	https://www.directv.com/

TRANSPORTATION INFORMATION



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Organization / Program Name	Links and Contact Information	Description
American Public Transportation Association	http://www.apta.com/resources/links/unitedstates/Pages/AlabamaTransitLinks.aspx	Locate all forms of public transportation in the state of Alabama.
U.S. Department of Transportation	https://www.transportation.gov/	Serve the United States by ensuring a fast, safe, efficient, accessible and convenient transportation system that meets our vital national interests and enhances the quality of life of the American people, today and into the future.
Flight Aware	https://flightaware.com/live/	Flight Aware is the world's largest flight tracking data company.
Carlson Wagonlit Travel (CWT)	www.carlsonwagonlit.com	CWT is a company managing business travel, meetings and events for companies, governments and non-governmental organizations.
Defense Travel System (DTS)	https://www.defensetravel.dod.mil/site/tac.cfm	Military members and DoD Civilian personnel can book official travel and manage travel expenses.
Alabama Department of Transportation	https://www.dot.state.al.us/	To provide a safe, efficient, environmentally sound intermodal transportation system for all users including up to date information on any changes.

POSTAL



Organization Name	Link
United States Postal Service (USPS)	https://about.usps.com/news/service-alerts/
Federal Express (FEDEX)	https://www.fedex.com/en-us/service-alerts.html
United Parcel Service (UPS)	https://www.ups.com/us/en/service-alerts.page
DHL (Mail Delivery)	https://www.dhl.com/

REPLACE YOUR LOST DOCUMENTS



Organization Name	Links	Phone	Type of Document
American Express	https://www.americanexpress.com/us/content/help/lost-stolen-card.html	800-327-1267	American Express credit card and billing statements
Discover	https://www.discover.com/credit-cards/help-center	800-347-2683	Discover credit card








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			and billing statements
MasterCard	https://www.mastercard.us/en-us/consumers/get-support.html	800-627-8372	MasterCard credit card and billing statements
Visa	https://usa.visa.com/support/consumer/lost-stolen-card.html	800-847-2911	Visa credit cards and billing statements
Annual Credit Report.com	https://www.annualcreditreport.com/index.action	877-322-8228	Free credit report
U.S. Citizenship and Immigration Services	https://www.uscis.gov/green-card/after-green-card-granted/replace-green-card	800-375-5283	Green Card
Identity Theft Resource Center	http://www.idtheftcenter.org	888-400-5530	Support victims of identity theft
National Archives Records	https://www.archives.gov/	866-272-6272	Military records
U.S. Department of State	https://travel.state.gov/content/passports/en/passports/lost-stolen.html	877-487-2778	Passports
Social Security Administration	https://www.ssa.gov/ssnumber	800-772-1213	Social Security cards
Internal Revenue Service	https://www.irs.gov/uac/About-Form-4506T	800-829-1040	Federal tax documents and returns
U.S. Treasury Department – Treasury Direct	https://www.treasurydirect.gov/tdhome.htm	844-284-2676	U. S. Savings bonds
Citi Bank	https://home.cards.citidirect.com/CommercialCard/ux/index.html#/login	1-800-200-7056	Government Travel Card
Alabama Department of Public Health	http://www.alabamapublichealth.gov/	334-206-5300	Marriage, Birth and Death Certificates
Division of Motor Vehicles	https://www.dmvusa.com/state.php?id=1	256-539-0681	Driver's License, Vehicle Title and Registration
Department of Social Services	http://www.ebtproject.ca.gov/clientinformation/applying.shtml	1-800-221-5689	EBT/SNAP Card


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MOBILE APPS






















APP Name	Links	Description
EMERGENCY 	iTunes: https://itunes.apple.com/us/app/emergency-by-american-red/id954783878?mt=8 Google: https://play.google.com/store/apps/details?id=com.cube.arc.hzd	This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts, to help keep you and your loved ones safe
Double Eagle App 	iTunes: https://itunes.apple.com/us/app/u-s-army-reserve/id1459987204?mt=8 Google: https://itunes.apple.com/us/app/u-s-army-reserve/id1459987204?mt=8	The Double Eagle App allows Soldiers to communicate directly with other Soldiers, unit leaders and important resources such as Family Readiness and Suicide Prevention. This will allow Soldiers to connect with people they may not have the opportunity to meet or speak to otherwise, fostering a greater feeling of community.
Hero Care by American Red Cross 	iTunes: https://itunes.apple.com/us/app/hero-care-by-american-red/id1120615435?ls=1&mt=8 Google: https://play.google.com/store/apps/details?id=com.cube.arc.saf	Hero Care by the American Red Cross is a complete solution for members of the military, veterans, and their families to prepare for, cope with and respond to the challenges of military service.
First Aid 	iTunes: https://itunes.apple.com/US/app/first-aid-by-american-red-cross/id529160691?mt=8 Google: https://play.google.com/store/apps/details?id=com.cube.arc.fa	Get instant access to information on handling the most common first aid emergencies.
Disaster Alert 	iTunes: https://itunes.apple.com/us/app/disaster-alert-pdc-world-hazards/id381289235?mt=8 Google: https://play.google.com/store/apps/details?id=com.cube.arc.pfa	Provides mobile access to multi-hazard monitoring of and early warning for "Active Hazards" around the globe. Additional information and reports about hazards can be viewed and shared.
SirenGPS 	iTunes: https://itunes.apple.com/us/app/sirengps-mobile/id771924564?mt=8 Google: https://play.google.com/store/apps/details?id=com.sirengps.mobile	SirenGPS connects everyone in a community to first responders and allows first responders to communicate with each other, all on a single platform. It allows first responders to determine the precise location of 911 callers.
SAMHSA 	iTunes: https://itunes.apple.com/us/app/samhsa-disaster-response-app/id787518271?mt=8	SAMHSA Behavioral Health Disaster Response App is designed for behavioral health professionals and provides access to evidenced-based mental health and substance use information, tools, and resources for use in the field

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<p>FEMA</p> 	<p>iTunes: https://itunes.apple.com/us/app/fema/id474807486?mt=8 Google: https://play.google.com/store/apps/details?id=gov.fema.mobile.android&hl=en</p>	<p>Receive alerts from the National Weather Service for up to five locations. Get safety reminders, read tips to survive natural disasters, and customize your emergency checklist. Locate Open shelters and were to talk to FEMA in person (or on the phone).</p>
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mHEALTH TOOLS

MOBILE APPS

 <p>BREATHE2RELAX Manage stress by learning and practicing deep-breathing exercises</p>	 <p>CBT-i COACH Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep</p>	 <p>ACT COACH Add acceptance and commitment therapy (ACT) tips to daily life</p>
 <p>CPT COACH *iOS Use with cognitive processing therapy (CPT) to reduce PTSD symptoms</p>	 <p>DREAM EZ Based on imagery rehearsal therapy (IRT) to help nightmares</p>	 <p>CONCUSSION COACH Identify concussion symptoms and cope with related problems</p>
 <p>LIFEARMOR Take self-assessments and learn about topics like PTSD, anger, depression and more</p>	 <p>MINDFULNESS COACH *iOS Learn to practice mindfulness meditation to live in the present</p>	 <p>FEEL ELECTRIC! Help your children identify and express their feelings</p>
 <p>MOVE COACH *iOS Get help achieving your weight loss, diet and exercise goals</p>	 <p>PE COACH Use with prolonged exposure (PE) therapy to improve results</p>	 <p>MOOD COACH *iOS Boost your mood through participation in positive activities</p>
 <p>PTSD FAMILY COACH Resources for families of those with PTSD</p>	 <p>STAY QUIT COACH Help while in smoking cessation treatment or to prevent relapse</p>	 <p>POSITIVE ACTIVITY JACKPOT *A Find local activities to improve mood and avoid negative thinking</p>
 <p>TACTICAL BREATHER Learn to use breathing to control your response under stress</p>	 <p>THE BIG MOVING ADVENTURE Help prepare military children emotionally for the stress of moving</p>	 <p>T2 MOOD TRACKER Monitor your emotional health by tracking your moods over time</p>
		 <p>VIRTUAL HOPE BOX Helps reduce depression symptoms with a digital version of hope box therapy</p>

WEBSITES

 <p>AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS veterantraining.va.gov/aims/ Learn tools to manage your anger</p>	 <p>veterantraining.va.gov/parenting/ Resources to strengthen your parenting skills *Also available as an app: Parenting2Go (iOS)</p>	 <p>afterdeployment Wellness resources for the military community. afterdeployment.dcoe.mil/ Resources for psychological health and personal growth</p>
 <p>MOVING FORWARD Moving Forward: Overcoming Life's Challenges veterantraining.va.gov/movingforward Resources to overcome stressful problems and meet your goals *Also available as an app (iOS)</p>	 <p>PTSD COACH ONLINE ptsd.va.gov/apps/ptsdcoachonline/ Get support in managing PTSD symptoms *Also available as an app (iOS and Android)</p>	 <p>ABOUTFACE ptsd.va.gov/apps/AboutFace/ Learn about PTSD from other Veterans</p>
 <p>SESAME STREET for Military Families sesamestreetformilitaryfamilies.org/ Resources for families with young children</p>	 <p>VETCHANGE vetchange.org Resources to cut back or stop drinking *Also available as an app (iOS)</p>	 <p>Vets Prevail vetsprevail.org/ Earn rewards for behavior changes and get Veteran support *Also available as an app (iOS)</p>

■ Mood and stress
 ■ Trauma and PTSD
 ■ Children and parenting
 ■ Health and wellness

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IF YOU WOULD LIKE TO VOLUNTEER OR MAKE A DONATION

Please see links below on ways you can **volunteer** or **make a donation** to support your local area.



Organization / Program Name	Links and Contact Information	Description
Habitat for Humanity	https://www.habitat.org/	Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home.
American Red Cross	https://www.redcross.org/	Our network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world.
United Ways of Alabama	https://www.unitedwaysofalabama.org/	Our network of generous donors and volunteers are essential to fulfilling our mission. We coordinate fund raising as well as volunteer support with our comprehensive network of non-profit agencies to provide basic human needs, physical & mental health, employment support, support for senior citizens, and support for children, youth and families.

FEMA FACT SHEETS



Fact Sheet	Links	Description
Crisis Counseling Assistance and Training Program	https://www.fema.gov/media-library/assets/documents/24411	The CCP supports short-term interventions that involve the counseling goals of assisting disaster survivors.
Disaster Legal Services Fact Sheet	https://www.fema.gov/media-library/assets/documents/24413	The purpose of Disaster Legal Services (DLS) is to provide legal assistance to low-income individuals who prior to or as a result of the disaster, are unable to secure legal services adequate to meet their disaster-related needs.
Disaster Unemployment Assistance	https://www.fema.gov/media-library/assets/documents/24418	The purpose of Disaster Unemployment Assistance (DUA) is to provide unemployment benefits and re-employment services to individuals who have become unemployed as a result of a major disaster and who are not eligible for regular State unemployment insurance.
Emergency Food and Shelter National Board Program	https://www.fema.gov/media-library/assets/documents/24422	Describes the Emergency Food and Shelter National Board Program.
Funeral Assistance Fact Sheet	https://www.fema.gov/media-library/assets/documents/24431	This fact sheet describes the eligible costs associated with FEMA Funeral Assistance under the Individuals and Households

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		Program (IHP).
Assistance to Individuals and Households- Individuals and Households Program (IHP)	https://www.fema.gov/media-library/assets/documents/24945	The Individuals and Households Program (IHP) provides financial help or direct services to those who have necessary expenses and serious needs if they are unable to meet the needs through other means.
Disaster Case Management Guidance	https://www.fema.gov/public-assistance-policy-and-guidance	Final guidance document for Regional, State, Tribal, and local partners for developing a grant and implementing and administering disaster case management.
National Emergency Family Registry and Locator System	https://www.fema.gov/media-library/assets/documents/94763	The FEMA National Emergency Family Registry and Locator System (NEFRLS) may be activated following a Presidentially declared disaster at the request of an affected State to help reunite families that have become separated as a result of the disaster.
Generator Reimbursement – Individuals and Households Program	https://www.fema.gov/media-library/assets/documents/94768	Under the Other Needs Assistance provision of the Federal Emergency Management Agency’s (FEMA) Individuals and Households Program, and in conjunction with the State or Tribe, eligible applicants may be reimbursed for the purchase or rental of a generator required for medical purposes.
Manufactured Housing Units (MHUs) – Individuals and Households Program	https://www.fema.gov/media-library/assets/documents/94778	FEMA may provide direct assistance to eligible disaster survivors through either the Multi-family Lease & Repair Program, in which FEMA contracts with the property owner or landlord to repair multi-family rental units for use as temporary housing, or by providing Manufactured Housing Units (MHUs).
Cora Brown Fund	https://www.fema.gov/media-library/assets/documents/117769	The purpose of the Cora Brown Fund is to help provide for disaster-related needs that have not or will not be met by governmental agencies or any other organization, which has programs to address such needs.
Disaster Survivor Assistance	https://www.fema.gov/media-library/assets/documents/117811	The DSA mission is to build and sustain an expeditionary cadre that can establish a timely presence primarily focused on addressing the needs of disproportionately impacted populations and disaster survivors.
Child Care Assistance	https://www.fema.gov/media-library/assets/documents/133703	The Sandy Recovery Improvement Act of 2013 provides FEMA the specific authority to award Child Care Assistance through the Other Needs Assistance (ONA) provision of the Individuals and Households Program (IHP), to assist disaster survivors who have a disaster-caused financial burden for child care.
Disaster Recovery Centers	https://www.fema.gov/media-library/assets/documents/133708	A Disaster Recovery Center (DRC) is a fixed or mobile provisional facility set up by

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		FEMA that provides a central location near disaster impacted areas where Federal, State, Tribal, and non-government organizations have recovery information, assistance, and services to disaster survivors.
Group Flood Insurance Policy	https://www.fema.gov/media-library/assets/documents/133710	As part of the effort to reduce future expenses from floods, FEMA directly purchases Group Flood Insurance Policy (GFIP) certificates on behalf of applicants who are required to obtain and maintain flood insurance.
Mass Care/Emergency Services Reunification Service	https://www.fema.gov/media-library/assets/documents/133732	FEMA has the statutory requirement to facilitate the reunification of unaccompanied minors with their custodial parents/legal guardians, as well as the voluntary reunification of adults with their families, during declared emergencies or major disasters.
Assistance for Active Military and Civilian Personnel	https://www.fema.gov/media-library/assets/documents/133742	FEMA may provide assistance to active military and civilian personnel if it is not duplicated with assistance offered by the Department of Defense or other available resources.
Individual Assistance Program	https://www.fema.gov/media-library/assets/documents/133744	The Individual Assistance mission ensure disaster survivors have timely access to a full range of authorized programs and services to maximize recovery, through partnered coordination of local, state, territorial, and Indian Tribal governments, as well as other Federal Agencies, nongovernmental organizations and the private sector.