

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



Text CONNECT to 741741 | Crisis Text Line www.crisistextline.org

Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and lets you know that they are here to listen. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



The Texas Division of Emergency Management

The Texas Division of Emergency Management (TDEM) serves the State of Texas by managing the all-hazards emergency management plan for the state. TDEM works closely with local jurisdictions, state agencies, and federal partners in ensuring Texas becomes more resilient for future disasters. TDEM staff are stationed statewide and serve six different regions. Whether natural or man-made, TDEM is prepared and ready to respond to all future disasters.

TEXAS STATE EMERGENCY MANAGEMENT

Phone: (803) 397-2314 24 hour contact number (512) 424-2208 1033 La Posada Dr., Austin TX 78752 <u>https://www.dps.texas.gov/dem</u>

Public Health

CDC's national contact center and publication fulfillment system CDC-INFO offers live agents by phone and email to help you find the latest, reliable, and science-based health information on more than 750 health topics. CDC-INFO is here for you in emergencies, using additional agents and extended hours as needed to support CDC's response.

https://www.cdc.gov/coronavirus/2019-ncov/index.html



Texas Department of State Health Services

https://www.dshs.texas.gov/

https://hhs.texas.gov/

World Health Organization (WHO, International) https://www.who.int/health-topics/coronavirus

Office of Veterans Affairs http://www.va.gov/



https://twitter.com/TDEM



https://www.fema.gov/



<u>mups.//www.ready.gov</u>

63d Readiness Division, Region 2

Address: 10949 Aerospace Dr., Houston, TX, 77034 Family Programs Director: Sandra Henry 719-317-2020

Email: Sandra.y.henry.civ@mail.mil

www.usar.army.mil/ARFP

63d Readiness Division

Address: 10949 Aerospace Dr., Houston, TX, 77034 Survivor Outreach Services Support Coordinator: Ms. Kymber Anderson 719-317-2167 Email: kymberli.s.anderson.civ@army.mil

https://www.usar.army.mil/ARFP/SOS/



Double Eagle App

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

The Double Eagle App that 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.

ONE SOURCE

As always, our priority at Military OneSource is to serve you, our military personnel and families. As the Department of Defense responds to the ever-changing effects of the coronavirus disease, we are committed to providing up-to-date information, resources and answers regarding its impact on military life. We have created a dedicated section on our website at https://www.militaryonesource.mil/coronavirus for Department of Defense-related coronavirus updates and impacts.

Check frequently, as we will update regularly in addition to posts on Military OneSource social media -Facebook, Twitter, YouTube, Instagram, and Pinterest.

Connect with Military OneSource at www.militaryonesource.mil chat feature, or call 800-342-9647.

Mental Health

- Counseling: If stress about any situation is getting the better of you, eligible members can call to schedule a <u>Non-Medical Counseling</u> appointment or live chat though our website.
- Support articles: Support your lifestyle with stress reducing tips and more: <u>Take Charge of</u> <u>Coronavirus Anxiety</u>, <u>If Your Kids are Worried About the Coronavirus</u> and more.
- Handle Life's Challenges: <u>Moving Forward</u> (bottom of page) teaches problem-solving skills to help handle life's challenges.
- Manage Stress with Wellness apps: <u>Breath2Relax</u>, Positive Activity Jackpot, LifeArmor, <u>Parentine2Go. etc</u>
- Relax with <u>Chill Drills</u>: drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. Download MP3s from the Military OneSource website or order yours for home delivery free.
- National Suicide Prevention Lifeline: 800-273-8255 *
- Child Care Aware: Brain Building for Families <u>http://bit.ly/33pPMiQ</u>*

Physical Health: Stay Active and Healthy

- Military OneSource Health & Wellness Coaching http://bit.ly/MilitaryOneSourceHealth Call for support to stick to your goals and stay active and healthy at 800-342-9647!
- Gale Health and Wellness <u>http://bit.lv/MilitarvOneSource_MWRDigitalLibrarv</u>
- Workout Videos: <u>https://www.fitnessblender.com/videos</u> (click on videos for free workouts, not programs) *
- American College of Sports Medicine, Staying Physically Active During the COCID-19 Pandemic <u>http://bit.lv/3b7sGip</u> *
- At Home Workouts and Tips to Stay Healthy, Mueller Sports Medicine http://bit.lv/2wZFfPk*
- YouTube channels: access free videos dedicated to home exercises from targeting specific muscle development exercises, to cardio and yoga.
- Planet Fitness: United We Move: offering free at home workouts for everyone live streamed from their <u>FaceBook</u> page. Visit site for details. *
- Visit topics related to sleeping well, managing emotions, <u>http://bit.lv/MilitarvOnesource_sleepwell</u>

Ways to keep busy for adults and kids

- Complete Taxes with <u>MilTax</u>: Free tax services that address military life. Self-paced tax software
 including tax prep, e-filing and personalized support.
- Register to Vote Absentee: request an absentee ballot at https://www.fvap.gov/military-voter/overview *

Army Reserve Psychological Health Program

Army Reserve Staff – Fort Belvoir Office: 703-806-6905

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

https://www.health.mil/News/In-the-Spotlight/Coronavirus

Tricare Health Insurance <u>https://www.tricare.mil/</u> Coronavirus Frequently Asked Questions <u>https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs</u>

<u>Www.Guardyourhealth.com</u> – Information, tools and resources to support health and readiness. ARNG Guard Your Health for Soldiers and family members

United Concordia Dental https://www.tricare.mil/CoveredServices/Dental/ADDental.aspx

Military One Source (MOS) We urge the military community to follow the guidance of the CDC and the Military Health System. Our primary goal is to ensure the well-being of the entire military community, and to assist in force readiness for the national defense as well as current worldwide military missions.

Live Line: 800-342-9647

https://www.militaryonesource.mil/coronavirus

2.1.1

If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, use the search bar above to find your local 211 or dial 211 to speak to someone who can help. <u>http://www.211.org/services/covid19</u>



Give an Hour Staying Mentally Healthy During Coronavirus <u>https://giveanhour.org</u> MFLC- The Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.

Talk to a counselor. Call 800-342-9647

TEXAS RESOURCE GUIDE <u>COVID-19 CORONAVIRUS</u>

IMPORTANT CURRENT EMERGENCY INFORMATION

Affected State & County Emergency Management Links

Organization / Program Name	Links
State of Texas Emergency Assistance Registry	https://publicregistry.csr.utexas.edu/enroll/
Texas Department of Emergency Services	https://www.countyoffice.org/tx-emergency-services/

Evacuation information

Organization / Program Name	Links	
Texas Emergency Management	http://www.dps.texas.gov/dem/	

<u>Fuel</u>

Organization	Links	
GasBuddy	https://www.gasbuddy.com/GasPrices/Texas	

Power Outages

Organization	Links	
PowerOutage.US	https://poweroutage.us/area/state/texas	

Closings and Delays

Organization / Program Name	Links
Texas Emergency Management	http://www.dps.texas.gov/dem/

<u>Weather</u>

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

Drganization / Program Name Links		
Radio Locator	https://radio-locator.com/	
Texas State Networks	https://tsnradio.com	
Texas News	Texas News https://www.usnews.com/news/texas	
SAFETY TIPS		

UPDATE FOR EVENT!!

ARE YOU PREPARED?

- 1. https://www.militaryonesource.mil/
- 2. https://www.tml.org/654/Coronavirus-COVID-19-Resources
- 3. https://www.cdc.gov/
- 4. https://www.militaryfamily.org/what-military-families-need-to-know-about-covid-19/
- 5. https://www.211texas.org/guided-search/
- 6. <u>https://www.tdhca.state.tx.us/texans.htm</u>
- 7. https://twc.texas.gov/news/covid-19-resources-employers
- 8. <u>https://tea.texas.gov/texas-schools/safe-and-healthy-schools/coronavirus-covid-19-support-and-guidance</u>
- 9. https://www.archgh.org/healthupdates
- 10. https://www.dps.texas.gov/
- 11. https://www.txdmv.gov/
- 12. https://www.dshs.texas.gov/
- 13. <u>https://hhs.texas.gov/</u>
- 14. https://www.foodpantries.org/st/texas
- 15. https://www.txdot.gov/
- 16. https://www.va.gov/
- 17. https://www.dfas.mil/
- 18. <u>https://www.taps.org/</u>
- 19. <u>https://www.ptsd.va.gov/covid/index.asp</u>
- 20. https://www.usa.gov/coronavirus
- 21. https://purpleheartfoundation.org/foundation/resources/
- 22. https://www.tricare.mil/coronavirus
- 23. https://defensecommunities.org/covid-19/
- 24. https://www.militaryfamily.org/what-military-families-need-to-know-about-covid
- 25. https://tmd.texas.gov/tmd-counselinghttps://www.ready.gov/be-informed

Helplines Offering Information and Assistance Tuesday, January 29, 2019 12:28 PM

American Red Cross	America Red Cross Provides immediate assistance for emergency communications services and financial assistance, information and referral, and deployment services.	http://www.redcross.org/mo2w <u>Referral Services</u> <u>Emergency Communication</u> <u>Deployment Services</u> <u>Financial Assistance</u> <u>Veteran Services</u>	Phone: 1-800-733-2767
	Army Wounded Warrior Program (AW2) Provides personalized local support to Soldiers, veterans, and their families through the assignment of an AW2 Advocate.	Army Wounded Warrior Program (AW2)	Phone: 800-237-1336
Caregiver Support	Caregiver Support Line Connects caregivers with someone who offers answers, instead of endless menu options.	http://www.caregiver.va.gov/	Phone: 855-260-3274
Coaching intoCare	Coaching into Care Offers a free and confidential coaching service to help callers discover new ways to talk with their veteran about their concerns, and treatment options.	http://www.mirecc.va.gov/coaching/	Phone: 888-823-7458
THE REAL PROPERTY AND A DECEMBER OF A DECEMBER	Defense Centers of Excellence (DCoE) Outreach Center Provides access to health resource consultants with expertise in psychological health and traumatic brain injury.	http://www.dcoe.mil/families/help.aspx	Phone: 866-966-1020
Safe Helpline	DoD Safe Helpline Sexual Assault Support Offers personalized advice and support; connects callers to sexual assault response coordinators, civilian rape crisis centers, the suicide prevention helpline, or Military OneSource.	https://www.safehelpline.org/	Phone: 877-995-5247
	Federal Recovery Coordination Team Develops an individualized recovery plan; to qualify be referred by a member of your multidisciplinary team, your commander, recovering warrior program, or through self-referral.	http://www.oefoif.va.gov/fedrecovery.asp	Phone: 877-732-4456
FORT FAMILY 866-345-8248	Fort Family Outreach and Support Provides relevant information and responsive support for Army Reserve Soldiers and families.	https://www.arfp.org/	Phone: 866-345-8248
<i>inTransition</i>	In Transition Mental Health Coaching and Support Assists Service members receiving mental health treatment make a transition between health care systems or providers by connecting them to the right resources.	http://intransition.dcoe.mil/	Phone: 800-424-7877 (CONUS) 317-387-4700 (OCONUS)
Military Crisis Line	Military Crisis Line Helps Service members and families who might be in danger, or be a danger to others.	https://www.veteranscrisisline.net/	Phone: 800-273-8255 (CONUS) 0080012738255 or DSN 118* (OCONUS)
Military OneSource	Military One Source Wounded Warrior Specialty Consultations Offers a primary telephone resource for recovering warriors and their families; provides specialty consultation services; access to immediate assistance.	http://www.militaryonesource.mil/wound ed-warrior?content_id=268391	Phone: 800-342-9647
	Military Spouse Employment Partnerships Provides career exploration opportunities; education and training to help identify academic; licensing; or credentialing requirements; employment readiness assistance; and employment connections.	https://msepjobs.militaryonesource.mil/m sep/	Phone: 800-342-9647
My healthevet	My Healthe Vet Provides access to the VA's Personal Health Record via a toll free number.	https://www.myhealth.va.gov/	Phone: 877-327-0022
HOTLINE	National Domestic Violence Hotline Provides anonymous crisis intervention.	http://www.thehotline.org/	Phone: 800-7990-7233
SUICIDE PREVENTION LIFELINE HORENTHANKING	National Suicide Prevention Lifeline Helps distressed warriors find a reason to keep living; connects individuals to a skilled; trained counselor at a local crisis center.	http://suicidepreventionlifeline.org/#	Phone: 800-273-8255 (TALK) Veterans press 1, En Espanol oprimo el 2
OF OIL OND VENTION T The Vention of the Vention of	OEF/OIF/OND Care Management Program Helps Service members and caregivers navigate local VA programs during their transitions. Find out where your <u>local VA OEF/OIF Team</u> is located.	http://www.oefoif.va.gov/	Phone: 877-222-8387
PTSDTREATMENTHELP	PTSD Treatment Help Helps with domestic violence and PTSD; offers free, brief, and confidential assessment.	http://ptsdtreatmenthelp.com/	Phone: 877-259-5637
RAINN	Rape, Abuse, Incest National Network Provides crisis intervention and support, information about medical issues; and referrals to resources in your area.	https://www.rainn.org/index.php	Phone: 800-656-4673 (HOPE)
QUIT TOBACCO UCanQuit2.org	TRICARE's Smoking QuitLine Provides all non-Medicare-eligible beneficiaries assistance with smoking cessation through TRICARE's toll-free Smoking Quitline available 24 hours a day.	https://ucanquit2.org/HowToQuit/Tricare QuitLine.aspx	Phone: North Region: 1–866–459–8766 South Region: 1–877–414–9949 West Region: 1–888–713–4597

The Servicemembers Civil Relief Act (SCRA)

The Servicemembers Civil Relief Act (SCRA) provides legal and financial protections to those who have answered the Nat io n's call to serve.

Introduction

The SCRAia a law cre ate d to p rovide extra protections for servicememberain the eventthat legalor financial tranoectiona adveraely affect their right during militaryor uniformed u rvice. These protections enable s:ervice me mbe roto devo te their entire energy to the defense needs of the Natio n. The SCRAa ppliN to the following aervicemembero:

• Active duty membersofthe Arm,yMarine Corps, Navy. AirFore&, and Coa,rt Guard;

Membersof the Rff&rve component when **serving on active duty;**

Membersof the National Guard component mobil ized under federal orderofor morethan 30 **con ecutive days; or**

Active dutycommissioned officersof the Publie Health Service or the National Oc,,anicand **Atmospheric Adminjetration**.

SCRArights may be exercised by a nyone holding a valid powerof attorney for the se rvice me mb e r. Some SCRA protection• alaoapplyto dependenm. According to the U.S. Departmentof Juatice. theoeare frveprotectionsthatservioememb eraoften ask about

Protection #1

Service-members can reduce the inte re st rate on any pre-se rvice lo a ns to a maximum of 6 percent

If you **took** out an a uto mo bi,le ho me, or student loanor incurred oredit card debt priorto becoming **a servi cem em be r {aJao knowna.a a ·pre·s ervi ce** o blig atio n"). or ifyou took out such a loan jointly with your • f>O<J• e. then youare entitled to have your **interestrate reduced to a maximum of 6 percent per year, To receive thisbenefrt you muut notify** your lend w in writing and include a copy**of** your **orders to active duty service or a letter from your** co mmand ing officer that ohowathe dateyoubegan active duty eervice

Theratereductionfor pre-.nervice obligations app lie• d urin g the period of activedutyterviee for most loans and for mortgeges for an additio nal year afterthe end of active dutyservice. Wh,m you make a properrequestfor an interest rate re d uctio n under the SCRA. your lend er must reduce your interest rateonpre-serviceobligations to 6 pe rcent for the entire timeyoY are aerving on actived uty. Your konde r c an 't add the amount of intere.sl above 6 perce ntback: into the loanlater on after youleave active duty. Youcan requeal an interestrate reduction fromyOtJr lend er at any tim e while you are&erving on activeduty and up to 180 days after releace from activeduty.



Con.sumer Financial Protection Bureau

Learn more at consum&rfina nc e g ov 1 of4

What is the Military Lending Act and what are my rights?

The Military Lending Act (MLA) is a Federal law that provides special protections for active duty servicemembers like capping interest rates on many loan products.

What are my rights under the MLA?

Answer: The MLA applies to active duty servicemembers (including those on active Guard or active Reserve duty), spouses, and certain dependents. It limits the interest rates that may be charged on many types of consumer loans to no more than 36% and provides other important protections.

Your rights under the MLA include:

- A 36% interest cap. You can't be charged more than a 36% Military Annual Percentage Rate (MAPR), which includes costs like the following in calculating your interest rate (with some exceptions):
 - Finance charges
 - Credit insurance premiums
 - Add-on credit-related products sold in connection with the credit
 - Fees like application fees, participation fees, or fees for debt cancellation contracts, with some exceptions.

- No mandatory waivers of certain legal rights. A creditor can't require you to submit to mandatory arbitration or give up certain rights you have under State or Federal laws like the Servicemembers Civil Relief Act.
- No mandatory allotments. A creditor can't . require you to create a voluntary military allotment in order to get the loan.
- . No prepayment penalty. A creditor can't charge a penalty if you pay back part - or all - of the loan early.

What types of loans are now covered under the MLA?

Answer: In 2015, the Department of Defense (DoD) expanded by rule the types of credit products that are covered by the MLA. In general, the consumer credit products now covered when offered to active-duty servicemembers and their covered dependents include, but are not limited to:

- Payday loans, deposit advance products, tax refund anticipation loans, and vehicle title loans;
- Overdraft lines of credit but not traditional overdraft services:
- Installment loans but not installment loans expressly intended to finance the purchase of a vehicle or personal property when the credit is secured by the vehicle or personal property being purchased; and







Assistance with Delinquent Home Loans

Overview

The Department of Veterans Affairs (VA) aims to help Veterans retain their homes or avoid foreclosure. If you are struggling to make your mortgage payments, speak with a VA loan servicer as soon as possible. Contact your nearest regional loan center to explore your options. Call 877-827-3702 or visit www.benefits.va.gov/HOMELOANS/contact_rlc_info.asp.

Options to Avoid Foreclosure

The following options can help borrowers avoid foreclosure:

- Repayment plan: This option involves making regular installments, plus part of the missed payment.
- Special forbearance: This option stalls foreclosure to allow time to repay the missed installments.
- Loan modification: This option provides a fresh start by creating a new payment schedule that includes the missed payments.
- Additional time to arrange a private sale: This option delays foreclosure to allow a sale to close if it will pay off the loan.
- Short sale: This option allows the borrower to sell their home for less than what is needed to pay off the loan.
- Deed-in-lieu of foreclosure: This option prevents foreclosure by instead giving the servicer a deed to the property.

For more information on VA assistance that may be available, visit www.benefits.va.gov/homeloans/veteran_borrowers.asp.



What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <u>https://www.cdc.gov/coronavirus/2019-ncov/</u> cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



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What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- · Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

https://www.ready.gov/

BEFORE / AFTER

Organization / Program Name	Links	Description
Ready (Make a Plan)	https://www.ready.gov/make-a-plan	Does everyone in your family know what to do, where to go, and who to contact in an emergency? Make a family communication plan so everyone can be prepared. (Ready.gov)
American Red Cross (Safe and Well)	https://safeandwell.communityos.org/cms/index.php Authorized to provide financial assistance on behalf of Army Emergency Relief 877.272.7337	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>U-Haul self-storage</u> facilities on an as-available basis.

FOOD AND WATER RESOURCES



Organization / Program Name	Links	Description
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/texas	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.



Organization / Program Name	Links	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?us eExisting=1&layers=d000037396514f70a2ba3683e03 7caee	This web service displays data from the FEMA National Shelter System database.
Homeless Shelter Directory	http://www.homelessshelterdirectory.org/	The Homeless Shelter Directory provides Homeless Shelters and Homeless Service Organizations. This includes all resources necessary to help the needy.
Catholic Charities	https://www.catholiccharitiesscc.org/	866.565.5912

HOUSING RESOURCES



Organization / Program Name	Links	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.
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.

FINANCIAL RESOURCES

Organization / Program Name	Links	Description
Army Emergency Relief (AER)	https://www.aerhq.org/	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	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.
FEEA	https://feea.org/our-programs/disaster-relief/	FEEA offers disaster relief grants to
		eligible federal employees when
		these disasters strike.
U.S. Small	https://www.sba.gov/offices/disaster/dacsc	The Office of Disaster Assistance's
Business		mission is to provide low-interest
Administration		disaster loans to businesses of all
		sizes
Need Help	https://www.needhelppayingbills.com/	Find information on programs that
Paying Bills		offer a number of ways to get help
		with paying bills.

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	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/CoveredSe rvices/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	<u>https://giveanhour.org/</u>	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.
Crisis Text Line	https://www.crisistextline.org/	Text SIGNS to 741741 for the Crisis Text Line

GENERAL RESOURCES

Civilian Resources			
Organization / Program Name	Links and Contact Information	Description	
United Way 211	http://211.org/ https://www.ctunitedway.org/	2-1-1 is a free and confidential service that helps across the U.S. find the local resources they need. 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/u sdahome?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	An independent agency created by the U.S. Congress to maintain stability and public confidence in the nation's financial system by insuring deposits.	
Lawyers.Com	https://www.lawyers.com/legal- info/insurance Phone: 800-526-4902	Legal assistance information/ locate an attorney	

Military Resources			
Organization / Program Name	Links and Contact Information	Description	
Military One Source (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.	
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.	
Joint Services Support	https://www.jointservicessupport.org/D efault.aspx	Connecting you to valuable resources and programs you need	
Vets 4 Warriors	https://vets4warriors.com/	Our mission is to provide 24/7 confidential, stigma free peer support by veterans to Active Duty, National Guard and Reserve service members, Veterans, Retirees, and their	

		families/caregivers.
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.
USA Cares	http://www.usacares.org/	Assisting military families in crisis
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.

PET & LIVESTOCK RESOURCES

Organization / Program Name	Links	Description	
Ready	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	http://www.missingpet.net/anlost.html	The MPN is a group of volunteers sponsored by the	
Network		USDA Animal Care Office, who help people find missing pet animals.	
American	https://www.americanhumane.org/	American Humane is committed to ensuring the	
Humane		safety, welfare and well-being of animals.	
Global Animal	https://www.globalanimal.org/	Our mission is to swiftly get resources on the ground	
Foundation		during natural disasters and other emergencies that	
		put animals, from pets to wildlife, in critical peril.	

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



Organization / Program Name	Links and Contact Information	Description	
American Public Transportation Association	http://www.apta.com/	Locate all forms of public transportation in the state of Texas.	
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.osd.mil	Military members and DoD Civilian personnel can book official travel and manage travel expenses.	



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 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
Texas Department of Public Health	https://www.dshs.texas.gov/	1-888-963- 7111	Marriage, Birth and Death Certificates
Division of Motor Vehicles	https://www.txdmv.gov/	1 (888) 368- 4689	Driver's Vehicle Title

			and Registration
Texas Department of Public Safety	https://www.dps.texas.gov/	1(512) 424- 2600	Driver's License & ID's
Texas Department of Social Services	https://hhs.texas.gov/	1-800-735-2989	EBT/SNAP Card

MOBILE APPS

APP Name	Links	Description
EMERGENCY	iTunes: <u>https://itunes.apple.com/us/app/emergency</u> <u>-by-american-red/id954783878?mt=8</u> Google: <u>https://play.google.com/store/apps/detail</u> s?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.
ReUnite	iTunes: https://itunes.apple.com/us/app/reunite/id3 68052994?mt=8 Google: https://play.google.com/store/apps/details? id=com.pl.reunite	A post-disaster family reunification app that enables users to report and search for missing or found person information on U.S. National Library of Medicine's PEOPLE LOCATOR® Web site, (http://pl.nlm.nih.gov

SirenGPS	iTunes: <u>https://itunes.apple.com/us/app/sirengps-</u> <u>mobile/id771924564?mt=8</u> Google: <u>https://play.google.com/store/apps/details?</u> <u>id=com.sirengps.mobile</u>	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.
	iTunes: <u>https://itunes.apple.com/us/app/samhsa-</u> <u>disaster-response-app/id787518271?mt=8</u> Google: <u>https://play.google.com/store/apps/details?</u> <u>id=com.kognito.gallup&hl=en_US</u>	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
FEMA	iTunes: <u>https://itunes.apple.com/us/app/fema/id474</u> <u>807486?mt=8</u> Google: <u>https://play.google.com/store/apps/details?</u> <u>id=gov.fema.mobile.android&hl=en</u>	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).
Operation HomeFront	https://www.operationhomefront.org	Offering critical financial assistance for those who need assistance with bills, repairs, and other Family needs. There is an application process to fill out, but the system follows a 3 step process each month for applicants.

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	Description
National VOAD	https://txvoad.communityos. org/cms/home	National VOAD members respond to disasters in the United States and around the world.
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.

FEMA FACT SHEETS



Fact Sheet	Link	Description
Crisis	https://www.fema.gov/media-	The CCP supports short-term interventions that
Counseling	library/assets/booklets/24411	involve the counseling goals of assisting disaster
Assistance and		survivors.
Training		
Program		

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 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.
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	https://www.fema.gov/media- library/assets/documents/133708	A Disaster Recovery Center (DRC) is a fixed or mobile provisional facility set up by FEMA that

Centers		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	https://www.fema.gov/media-	As part of the effort to reduce future expenses from
Insurance Policy	library/assets/documents/133710	floods, FEMA directly purchases Group Flood
,		Insurance Policy (GFIP) certificates on behalf of
		applicants who are required to obtain and maintain
		flood insurance.
Mass	https://www.fema.gov/media-	FEMA has the statutory requirement to facilitate the
Care/Emergency	library/assets/documents/133732	reunification of unaccompanied minors with their
Services		custodial parents/legal guardians, as well as the
Reunification		voluntary reunification of adults with their families,
Service		during declared emergencies or major disasters.
Assistance for	https://www.fema.gov/media-	FEMA may provide assistance to active military and
Active Military	library/assets/documents/133742	civilian personnel if it is not duplicated with
and Civilian		assistance offered by the Department of Defense or
Personnel		other available resources.
Individual	https://www.fema.gov/media-	The Individual Assistance mission ensure disaster
Assistance	library/assets/documents/133744	survivors have timely access to a full range of
Program		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.