

# Natural Disasters Toolkit



If you or a family member has been affected by a natural disaster, you may have a number of needs and concerns such as:

- how you and your family will stay safe and deal with feelings of worry, grief, and loss
- how to identify local and national resources that can help
- how to cope with disruptions to transportation, child care, or elder care
- what expert resources are available to help you handle legal, financial, and insurance issues

This toolkit features resources that can help you address many of your concerns.



## Helping and donating

There are many ways to donate and help after a natural disaster. Here are ideas on how you can help:

- [How to Help and Get Involved After a Disaster](#) podcast
- [How to Make a Donation to Support a Cause or Disaster Relief Efforts](#) (includes safety tips on how to donate safely and avoid scams)



## Taking care of yourself and others

Below are resources to help you take care of yourself and the people you care about:

- [Coping After a Traumatic Event](#)
- [Avoiding Frauds and Scams After a Natural Disaster](#)
  
- [Coping with Fears Following a Traumatic Event](#)
- [Coping with Grief and Loss After a Traumatic Event](#)
- [Emergency Preparedness: Creating a plan to prepare for emergencies](#)
- [Emergency Responders: Tips for taking care of yourself](#)
- [Helping a Child Manage Fears After a Traumatic Event](#) article series
- [Helping Your Adolescent Cope After a Disaster or Traumatic Event](#)
- [How the Assistance Program Can Help in a Crisis](#)
- [Managing Stress After a Natural Disaster](#)
- [Providing Support to Employees Following a Natural Disaster: A guide for people leaders](#)



## Rebuilding your life

You may need help with paperwork, insurance claims, finding housing if you were displaced. You may need help with transportation issues if you lost a vehicle. You may need answers to legal or financial questions. Resources such as [DisasterAssistance.gov](https://www.disasterassistance.gov) or your organization's assistance program can help you organize your next steps. Also, see the helpful articles below for more on rebuilding after a natural disaster:

- [Building Resilience After a Disaster or Traumatic Event](#)
- [Getting Back to Work After a Traumatic Event](#)
- [Recovering After a Natural Disaster](#)
- [Recovering Financially After a Hurricane, Flood, or Other Natural Disaster](#)

## Help and support are available

Know that help and support are available for difficult times such as when you are coping with an unexpected event like a natural disaster. Check with your organization or employer on whether an assistance program is available.

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