

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**](#)
- [**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
- [**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](#)
- [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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