

# Post-Hurricane Resources & Help

## Emotional Support

**SAMHSA's Disaster Distress Helpline: [1-800-985-5990](tel:1-800-985-5990)**

The Disaster Distress Helpline is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call the number above or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.

## Helping Children Cope

Children and youth in your family may also have a difficult time during or after an emergency. [Click here for tips](#) on helping children cope with disaster/traumatic events. [Click here for parent guidelines](#) on helping children after a hurricane.

## Filing an Insurance Claim

The Florida Department of Financial Service has resources available to help via the Insurance Consumer Helpline: [1-877-693-5236](tel:1-877-693-5236). You can also visit the [MyFloridaCFO Hurricane Irma website](#) for disaster resources and information.

## FEMA Assistance

Residents who sustained losses can apply for FEMA assistance by registering online by [clicking here](#) or calling [1-800-621-3362](tel:1-800-621-3362).

## American Red Cross

To speak with someone for immediate assistance, call one of the chapters below. For other community resources, call 211.

[Florida's Space Coast Chapter: 386-226-1400](#)

- [Greater Orlando Chapter: 407-894-4141](#)
- [Mid-Florida Chapter: 863-294-5941](#)
- [Southwest Florida Chapter: 941-379-9300](#)
- [Tampa Bay Chapter: 813-348-4820](#)

## Guidance or Social/Emotional

<http://kidshealth.org/en/parents/stress-coping.html>

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide>