



Hurricane Resource Information



An online copy of this resource information can be found at:

www.uscg.mil/Hurricanes/

Hurricanes can cause wide-spread devastation and impact CG families. Whether you have been displaced due to property damage, suffered a personal injury, or are overwhelmed by the effects on your friends and neighbors, the Coast Guard *will be there* for you to help you **Get Safe**, **Get Help**, and **Get Back on Your Feet**.

<p>Get Safe</p> <p>The safety of our Coast Guard families is of paramount concern</p>	<p>The National Hurricane Center provides up to date information on current tropical cyclones and disturbances. Maintain awareness of storm forecasts to ensure you are safe. www.nhc.noaa.gov/</p> <p>The Federal Emergency Management Agency (FEMA) is an outstanding resources providing storm specific information along with a variety of safety tips and ways to avoid the types of fraud that unfortunately follow damaging storms. https://www.fema.gov/</p> <p>The American Red Cross is also available to help provided access to disaster relief services. http://www.redcross.org/get-help/disaster-relief-and-recovery-services or 866-526-8300.</p>
<p>Get Help</p> <p>Sometimes you need to take care of yourself before trying to decide what to do next.</p>	<p>Disasters can be traumatic. <i>You don't need to go it alone.</i> The Critical Incident Stress Response program can help. This, and information on other Work-Life programs can be found on the HSWL mobile app: United States Coast Guard Health, Safety, and Work Life (HSWL) app</p> <p>The CG SUPRT program is also available to provide assistance with stress issues, relationship issues, work issues, depression, and suicide prevention. Information can be found on the HSWL mobile app or at http://www.cgsuprt.com/.</p> <p>Coast Guard Chaplains are also here to listen to you. Don't hesitate to reach out at https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/Locations or 855-872-4242.</p> <p>Coast Guard Mutual Assistance (CGMA) is available to provide immediate emergency assistance for food, shelter, and clothing to members of the Coast Guard family. CGMA representatives are in the area with the authority to provide loans of up to \$3,000 with the opportunity to request conversion to a grant. http://www.cgmahq.org/ or 800-881-2462.</p> <p>Continuity of medical care is critical. Emergent information on TRICARE updates for those beneficiaries living in affected regions can be found at https://tricare.mil/Resources/DisasterInfo. To ensure you contact the correct TRICARE region, check https://tricare.mil/About/Regions. For TRICARE East (https://www.humanamilitary.com/) call 1-800-444-5445; for TRICARE West (www.tricare-west.com) call 1-844-866-9378.</p>
<p>Get Back on Your Feet</p> <p>The Coast Guard Family is resilient and we are committed to standing by you for as long as it takes.</p>	<p>FEMA's www.DisasterAssistance.gov web site has guidance to help you gain access to disaster help and resources, including how to file a claim. FEMA can also be reached at: 800-621-3362.</p> <p>The Coast Guard Legal Assistance program can help provide advice and counsel regarding personal legal issues to service members and dependents at no cost. https://www.uscg.mil/Resources/legal/LMA/Legal_Assistance/.</p> <p>Homes.mil is a web site designed to connect Service members and Families with community housing rental listings located near U.S. military bases. This can be particularly helpful when housing has been significantly impacted. https://www.homes.mil/.</p> <p>Per the Joint Travel Regulations, members and families in evacuated areas received evacuation orders to a safe haven with entitlements granted under these orders. If return to the duty station area is not available, the dependents may select and receive certain entitlements for a "designated place". Coast Guard Personnel Support Teams (PST) are available in safe havens to assist.</p> <p>Officers and Enlisted Members enrolled in the Special Needs Program whose required services are no longer available should work with their Family Resource Specialist and OPM or EPM assignment officer to discuss re-assignment (either temporary or permanent), if necessary.</p>



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Resource	Services	Phone Number	Online Resource
American Red Cross	Guides to help start the process of recovering a family's physical, emotional and financial well being.	866-526-8300	http://www.redcross.org/get-help/disaster-relief-and-recovery-services
Federal Emergency Management Agency	Access to Disaster response information		https://www.fema.gov/
	Access to disaster help and resources, including how to file a claim.	800-621-3362	www.DisasterAssistance.gov
HSWL Mobile App	Information about the Coast Guard support programs and services to CG members and their families.	Available via App Store (iPhone) & Google Play Store (Android)	United States Coast Guard Health, Safety, and Work Life (HSWL) app
CG Mutual Assistance	Interest free loans, personal grants, education assistance, financial counseling, outreach program.	800-881-2462	http://www.cgmahq.org/
Chaplain Services	Provides, facilitates, cares, and advises members and families during times of need.	855-872-4242	https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/Locations/
Legal Assistance	Provides advice and counsel regarding personal legal issues to service members and dependents at no cost		https://www.uscg.mil/Resources/legal/LMA/Legal_Assistance/
CGSUPRT	Provides assistance with stress issues, relationship issues, work issues, depression, and suicide prevention.	855-247-8778	http://www.cgsuprt.com/
Ombudsman	Provides information and referral resources for Coast Guard families.	Ms. Lori Carrington 757-398-6570	https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Ombudsman-Program/
DoD Safe Helpline	Report sexual assault, recovery support services.	877-995-5247	https://safehelpline.org/
National Sexual Abuse Hotline		800-656-4673	https://www.rainn.org/
National Suicide Prevention Lifeline	Provides 24/7, free and confidential support for people in distress, prevention and crisis resources.	800-273-TALK (8255)	https://suicidepreventionlifeline.org/
Substance Abuse Prevention	Non-punitive program to support members needing assistance for substance abuse issues.	757-628-4329	http://www.cgsuprt.com/
TRICARE www.tricare.mil/	Obtain emergent information on TRICARE updates for those beneficiaries living in affected regions.	TRICARE East: 1-800-444-5445	https://www.humanamilitary.com/
		TRICARE West: 1-844-866-9378	https://www.tricare-west.com/
Homes.mil	Service designed to connect Service members and Families with community housing rental listings located near U.S. military bases.		https://www.homes.mil
Mortgage Relief	Your mortgage lender may have assistance programs in place to address payment or other concerns.		Various
Homeowners & Renters Insurance	Your insurance provider may have a variety of programs in place to assist with issues such as food spoilage and damage.		Various