

Disaster Ready Washington

Your Mental Health During a Disaster

- **SAMHSA Disaster Distress Helpline** [1-800-985-5990](tel:1-800-985-5990) Spanish speakers, press “2”
 - 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
 - Text **TalkWithUs to 66746** to connect with a trained crisis counselor. From the 50 States, **text Hablanos to 66746**
- **National Suicide Prevention Lifeline** [1-800-273-8255](tel:1-800-273-8255)
- **Psychology Today – Collective Trauma** <https://www.psychologytoday.com/us/blog/lifting-the-veil-trauma/202005/what-is-collective-trauma>
- **Helpguide.org** “How to Cope with Traumatic Events like Coronavirus: (2020) <https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>
- **NAMI National Alliance on Mental Illness** <https://www.nami.org/Home>

Financial Preparedness

- More about budgeting apps: <https://www.investopedia.com/personal-finance/personal-finance-apps/>
- If you live in a Floodplain, create your own **FIRMette**. A FIRMette is a flood insurance rate map for an individual property that identifies the property’s flood zone designation(s). Follow the instructions available at www.fema.gov/media-library/assets/documents/34930

Online Security & Safety

- Speedtest.net: <https://www.speedtest.net/>
- Wi-fi Extenders: <https://www.pcmag.com/picks/the-best-wireless-range-extenders>
- Best Video Conferencing Software: <https://www.techradar.com/best/best-video-conferencing-software>
- 6 Popular Videoconferencing Tools Compared: <https://www.wired.com/story/6-popular-video-conferencing-tools-compared-zoom-skype-houseparty/>
- Federal Trade Commission – Consumer Information – Online Security: <https://www.consumer.ftc.gov/topics/online-security>
- Consumer Reports – Online Security Articles: <https://www.consumerreports.org/digital-security/online-security-and-privacy-guide/>

Disaster Preparedness + COVID-19:

- Coping with Disasters: <https://www.ready.gov/coping-with-disaster>
- Red Cross Disaster Relief & Recovery Service: <https://www.redcross.org/get-help/disaster-relief-and-recovery-services.html>
- www.coronavirus.wa.gov
- COVID-19 Cybersecurity: <https://cybersecurity.wa.gov/news/covid-19-resources>
- COVID-19 Scams: <https://coronavirus.wa.gov/what-you-need-know/coronavirus-scams>

