

Re-Prepare Resources & Links

Community Connections by Preparedness Champions:

- Dr. Daniel Aldrich: Social Capital in Disaster Mitigation and Recovery: <https://www.youtube.com/watch?v=z7A8m0zQ6T8>
- Daniel Homsey: Neighborfest – Building Resilience from the Block Up!: https://www.youtube.com/watch?v=UIHAK9Oa_Mo&list=PL720Kw_OoJlJiYKDZQwKG7HAgV_qNjbLB&index=23
- WA Neighborhood Competition during COVID: <https://mil.wa.gov/news/preparedness-expert-we-need-to-rely-on-each-other>
- Red Cross: www.redcross.org
- Northwest Red Cross: <https://www.redcross.org/local/washington.html>
- The Great ShakeOut 10:15 a.m. October 15, 2020: www.shakeout.org
- [Drop, Cover, and Hold On](#)
- The Youth Preparedness Council (YPC): <https://www.ready.gov/kids/youth-preparedness-council>
- Resources, Activities, Games, and Handouts for Families: <https://www.ready.gov/kids>
- Ready 2 Help card game: <https://www.ready.gov/ready-2-help>
- Bellevue 40,000 Cloth Masks Project, July 2020: www.bellevuewa.gov/emergency-management
- www.bellevuechamber.org
- Community Emergency Response Team (CERT): www.ready.gov/cert
- Online FEMA courses: <https://training.fema.gov/is/>
- [Are you Ready? An In-depth Guide to Citizen Preparedness](#)
- [Community Preparedness: Implementing Simple Activities for Everyone](#)
- [Planning for the Needs of Children in Disasters](#)
- [Household Hazardous Materials](#)
- [Earthquake Basics: Science, Risk, and Mitigation](#)
- [Animals in Disasters: Awareness and Preparedness](#)
- [Protecting Your Home or Small Business From Disaster](#)
- [You are the Help Until Help Arrives](#)
- Map Your Neighborhood: www.mil.wa.gov/myn
- Somerset Community Association <https://www.somerset98006.org/>



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Your Mental Health During a Disaster

- WA State – General mental health resources: <https://coronavirus.wa.gov/information-for/you-and-your-family/mental-and-emotional-well-being>
- DOH - Forecast and situational reports, guidance and resources:
- <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders/BehavioralHealthResources>
- **SAMHSA Disaster Distress Helpline 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**
- **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>

Disaster Preparedness + COVID-19:

- Disaster Preparedness: <https://mil.wa.gov/preparedness>
- Prepare in a Year guide: <https://mil.wa.gov/personal>
- COVID-19 website for WA: www.coronavirus.wa.gov
- Local Emergency Alerts: www.mil.wa.gov/alerts

