

A photograph of a man and a woman embracing in a devastated area, likely after a natural disaster. The background shows a destroyed car and charred trees under a clear sky. The man is wearing a grey sweater and has his arm around the woman's shoulder. The woman is wearing a grey sweater. The scene is set in a desolate, post-disaster landscape.

Natural Disaster Support Toolkit

Helping You Recover, Rebuild, & Find Strength After Crisis

Natural disasters can turn life upside down in an instant. Whether it's a wildfire, hurricane, flood, tornado, or storm, these moments can leave us feeling shaken, uncertain, and overwhelmed. It's not just about the physical damage – it's the emotional toll, the disruption to our routines, and the weight of having to rebuild what once felt stable.

This toolkit was created with care to offer guidance, comfort, and real support as you begin to recover. Inside, you'll find practical resources to help you access federal or local disaster relief, reconnect with a sense of normalcy, and take small, meaningful steps forward. But more importantly, we hope it serves as a reminder that healing is possible, and support is always within reach.

Our Guides are people who've walked through their own life challenges, including natural disasters. They understand the emotional aftermath and the strength it takes to move through uncertainty. They're here to listen, relate, and support you through whatever you're facing right now.

Whatever you're feeling (fear, stress, grief, exhaustion), it's valid. And wherever you are in your recovery journey, we're here for you.

With compassion,



The LifeGuides Team



Immediate Help & Federal Assistance

If you've experienced a recent disaster, your safety and basic needs are the top priority.

Federal & National Disaster Relief

- FEMA Disaster Assistance: Apply for aid, check eligibility, and find local Disaster Recovery Centers
 - www.disasterassistance.gov
- American Red Cross: Offers shelter, food, and emergency response
 - www.redcross.org
- SAMHSA Disaster Distress Helpline: Free 24/7 support for emotional distress related to disasters
 -  Call or text 1-800-985-5990
 - samhsa.gov/find-help/disaster-distress-helpline
- 211 (Local Resource Hotline): Referrals to shelters, food, mental health services, and more based on your ZIP code
 -  Call 211
 - www.211.org

More Tools for Recovery & Preparation

- Ready.gov: Learn how to prepare for, respond to, and recover from different types of disasters
 - www.ready.gov
- National Voluntary Organizations Active in Disaster (NVOAD): Find nonprofit and faith-based disaster response organizations in your area
 - www.nvoad.org



Navigating Recovery & Rebuilding

Recovery can feel overwhelming, but you can take it one step at a time.

Start Small:

Focus on restoring a sense of safety and stability—shelter, food, water, communication, and reconnecting with loved ones.

Document Everything:

Take photos of damage, keep receipts, and track any assistance applications for insurance or aid.



Use a Daily Routine:

Sticking to a simple routine, even during disruption, can help provide a sense of control and calm.

Ask for Help (It's OK!):

Whether from your community, relief organizations, or your employer, don't hesitate to lean on others. You are not expected to do this alone.



Supporting Mental & Emotional Wellbeing

Natural disasters affect more than property—they impact your sense of security, wellbeing, and mental health.

Talk to Someone



Trauma can be subtle or surface later. Processing your experience with someone who understands can be deeply healing.

Grounding Practices



Even brief moments of deep breathing, mindfulness, or journaling can help you feel more anchored.

Be Gentle With Yourself



Fatigue, irritability, grief, or guilt are all normal reactions. Healing isn't linear.

❤️ Another Layer of Support

As you navigate these challenging emotions & hard losses, our [Grief & Loss Support Toolkit](#) may also help you process, heal, & feel less alone.

How LifeGuides Can Help

You don't have to navigate this alone.

LifeGuides offers peer support from trained Guides – people who have lived through their own natural disaster experiences, whether it was losing a home, evacuating, rebuilding, or starting over.

A Guide can:

- Help you emotionally process what happened
- Share how they got through something similar
- Be a calm, compassionate companion as you figure out your next steps

We know life after a natural disaster can feel heavy and uncertain. Whether you've lost your home, your routine, or your sense of peace, know that healing is possible, and you don't have to figure it out alone. LifeGuides is here to walk beside you with real support, real empathy, and real people who care.

✓ Connect with a Guide whenever you're ready. It's confidential, human-to-human, and rooted in empathy.