

Wildfire Resources Guide: California

Emergency Contacts

- National 911 Program: For any emergencies, call or text 911 (24/7)
- California Division of Emergency Management: 1-916-845-8510
- FEMA Region 9: 1-510-627-7100
- American Red Cross: 1-800-733-2767
- The United Way: Call 211 for confidential help finding resources in your area (24/7).
- 211 LA: Visit 211la.org for shelter support due to evacuation

Websites and Apps

- National Weather Service: NWS Website
- California Department of Forestry & Fire Protection: CalFire
- FEMA Region 9: FEMA
- FEMA App: Available on FEMA App (Apple) | FEMA App (Android)
- American Red Cross: Red Cross Website

Wildfire Preparedness and Safety

- Wildfire Action Plan: Visit CalFire for detailed preparedness guides.
- Current Emergency Incidents: Check <u>CA.gov</u> for updates on active incidents.

Evacuation and Shelters

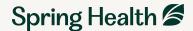
- Evacuation Assistance: For assistance with current routes and road conditions, visit <u>CalFire</u>
- Butte County Evacuation Routes: For current routes and road conditions Evacuation Maps
- Los Angeles County Evacuation Information: For current routes and road conditions <u>Evacuation</u>
 Information | LA County Emergency Updates
- Los Altos Evacuation Routes: For current routes and road conditions <u>Evacuation Maps</u>
- Plumas County Evacuation Routes: For current routes and road conditions Evacuation Maps
- Sonoma County Evacuation Routes: For current routes and road conditions Evacuation Maps
- Emergency Shelter: Text "SHELTER" and your zip code to 43362 (4FEMA) to locate nearby shelters.

Health and Safety Resources

- Center for Disease Control & Prevention (CDC): <u>CDC Disaster Resources</u>
- Disaster Distress Hotline: For confidential counseling, call 1-800-985-5990 (24/7).
- 988 Suicide & Crisis Lifeline: Call or text 988 (24/7).
- Crisis Text Line: Text "HOME" to 741741 (24/7).

Pet Resources

- California Animal Welfare Association: PO Box 249, Penn Valley, CA 95946, 510-525-2744
- California Office of Emergency Services Animal Preparedness: <u>CalOES Animal Preparedness</u> 916-845-8153



Community Support and Volunteers

- California Department of Social Services: Visit the <u>CDSS</u> Website to volunteer or donate to support disaster relief in California
- California Volunteers: Visit the <u>Disaster Volunteer Management</u> website to assist before, during and after disasters.

Food Resources

- California Association of Food Banks: Call 211, or Find your closest Food Bank CA Food Banks
- Catholic Charities of California CalFresh Program: CalFresh Food Program
- California Department of Social Services Food Bank: CDSS

Mental Health Resources

- Crisis & Suicide Helpline: Dial '988' for immediate support
- Crisis Text Line: Text "HELLO" to 741741
- California Mental Health Services Division: Mental Health Resources
- National Alliance on Mental Illness (NAMI) Helpline: Call 1-800-950-NAMI or text "HELPLINE" to 62640 (10 am–10 pm ET).
- The Trevor Project: For LGBTQ+ under 25, call 1-866-488-7386 or text "START" to 678678 (24/7).
- Veterans Crisis Line: Call 988 and press 1 (24/7).

Your benefits with Spring Health



Spring Health—your mental wellness benefit provided by your employer—can help you work through any difficult feelings you may be experiencing. It's 100% confidential, so your info will never be shared with your employer or anyone else.

<u>Sign up</u> or <u>sign in</u> to speak with your Care Navigator, a licensed clinician who can answer questions, book same-week therapy appointments, and more.

Get confidential support:

benefits.springhealth.com

1-855-629-0554

(Select option 2 for 24/7 crisis support)