



Hurricane Helene: What You Need to Know and What Can You Do to Help?

For a comprehensive list of resources and up-to-date information:

- ncdps.gov/Helene

To locate a missing loved one or friend:

- Local: 2-1-1
- From out of town, out of state or calling through relay service: 1-888-892-1162

To get the most accurate information (do not rely on social media posts except from official sources):

- FEMA fact-checker:
<https://www.fema.gov/disaster/current/hurricane-helene/rumor-response>
- NC fact vs rumor:
<https://www.ncdps.gov/our-organization/emergency-management/hurricane-helene/hurricane-helene-fact-vs-rumor>
- Avoid or report scams:
 - <https://ncdoj.gov/protecting-consumers/natural-disasters/>
 - <https://ncdoj.gov/consumer-alert-in-the-aftermath-of-hurricane-helene-watch-out-for-charity-scammers/>
- Current road conditions:
<https://DriveNC.gov>

To view Governor Cooper's current and past press conferences (with ASL interpretation and captions):

- NC Emergency Management's PBS site:
<https://www.pbsnc.org/emergency-management-services/>
- NC Department of Public Safety's site:
<https://www.ncdps.gov/news/news-conference-live-streams>

To volunteer to help:

- NC Voluntary Organizations Active in Disasters:
<https://www.ncvoad.org/>

For crisis or mental health support:

- 988 Suicide & Crisis Lifeline: Call or text 988
- Disaster Distress Helpline: Call or text 1-800-985-5990
- RHA Behavioral Health, health insurance not required:
(919) 518-8293 or rhadhbusinessoffice@rhanet.org

