

# Disaster Preparedness & Recovery Guide



When emergencies strike, having the right support can make all the difference. From preparedness checklists and safety tips to emotional support and Work-Life assistance, AllOne Health is here to help you protect your well-being before, during, and after a disaster.



## **Confidential Counseling:**

Talk with a professional about coping with stress, processing the impact of a disaster, and building strategies to stay grounded and resilient through uncertainty.



## **Work-Life Services:**

Access practical assistance with housing, legal, financial, insurance, and daily living resources to help you stabilize, rebuild, and move forward after a disaster.



## **Articles & Webinars:**

Explore guidance on preparedness, emotional recovery, stress management, and supporting loved ones before, during, and after a crisis.

**We're Here to Help**

AllOne Health provides fast access to care, real human connection, and whole-person support. Services are free, confidential, and available to you and your family members. To get started, visit [allonehealth.com/member-support](https://allonehealth.com/member-support).