

Tsunami Relief

How Can You Help



CIGNA Behavioral Health

With the death toll from the South East Asia Tsunami rising on a daily basis, the question of “How can I help?” has been going through many of our heads. A disaster of this magnitude occurring on the other side of the world is difficult to comprehend and yet the images we see through the media are often harder to ingest. If helping those affected by the tsunamis is on your mind, here are ways you can offer your time and resources:

Make a donation to a world relief organization

There are many international organizations that need financial supports during these hard times. These are the organizations equipped to put “feet on the ground” for direct help to the victims. A lot of these organizations can take donations on-line. Some of these organizations you can contact are:

- The American Institute of Philanthropy www.charitywatch.org
- Network for Good www.networkforgood.org
- InterAction www.interaction.org
- Charity Navigator www.charitynavigator.org

These are just some of the many organizations that are providing relief. You may be aware of another organization that is helping and in need of donations.

Contact local organizations about volunteering

Most organizations don't have the capability to transport donated items. Some organizations may need help with simply raising awareness and funds.

How can you find out about friends and relatives overseas?

Information about U.S. citizens in affected areas may be obtained from the U.S. Department of State, Office of Overseas Citizens Services, at 1-888-407-4747. If you're calling from overseas, call 317-472-2328. Information about non-U.S. citizens in affected areas should be directed to the appropriate consulate or embassy.

The American Red Cross offers the following for those seeking information on loved ones:

- # Continue to try and contact your loved ones through normal means of communication. Phone and cellular service has been possible – though sporadic – in some parts of the area.
- # If you have relatives living outside the affected area, keep in contact with them as they may have received news about your loved ones.
- # Continue to monitor news reports. You can monitor Embassy websites for special information regarding the disaster.