



## Special News Alert: Southern Storms + Tornadoes

During an intense storm, it's not uncommon for dangerous atmospheric conditions to develop and catastrophic tornadoes to appear along the storm's path. The severe weather that has impacted southern portions of the country has been especially destructive, and many communities are currently working to recover from heavy rainfall, hail damage, and tornadic activity.

The resources collected in this special News Alert focus on providing you with up-to-date information about severe storms, the steps you can take to create and maintain an emergency response plan, and what to do if you have to leave or return to a residence made hazardous by storm damage. Additionally, you'll find emotional support resources to help anyone process the trauma created by a dangerous natural event.

The EAP offers a variety of counseling and life-balance tools and resources to help you and your family stay emotionally and physically balanced during challenging times.

To access resources call the EAP **800.925.5EAP** or visit [americanbehavioral.com](http://americanbehavioral.com).

When a violent storm develops, it is critically important to listen to the recommendations of emergency management professionals and do whatever you can to secure the safety and wellbeing of your family, friends, and beloved pets.

## **Helpful Links**

- [1. Alabama Emergency Management Agency - Disaster Assistance](#)**
- [2. Tennessee Emergency Management Agency - Individual Assistance](#)**
- [3. Mississippi Emergency Management Agency - Individual Assistance](#)**
- [4. Georgia Emergency Management & Homeland Security Agency - Individual Assistance](#)**
- [5. National Weather Service Live Tornado Updates](#)**
- [6. CNN Severe Weather Tracking and Live Updates](#)**
- [7. National Weather Service Tornado Information Website](#)**
- [8. Ready.gov Tornado Preparedness Website](#)**
- [8. FEMA's Preparing for a Tornado Fact Sheet \(Downloadable\)](#)**
- [9. Managing Traumatic Stress: After a Tornado](#)**

## **Handouts**

- [21 Things You Can Do When Living Through a Traumatic Event](#)**