



Military OneSource

Worried about loved ones in Haiti?

In the wake of the devastating earthquake that struck Haiti on Tuesday, January 12, the State Department has set up a telephone number for Americans seeking information about family members and loved ones. The State Department's toll-free number is **1-888-407-4747**. The State Department advises that some callers may receive a recording because of heavy call volume.

The Red Cross Safe and Well site at <https://disastersafe.redcross.org/> may also be helpful. It allows people in Haiti to communicate information about their well-being to family and friends.

The Military OneSource program can offer information, support, and help with practical and emotional issues. Call anytime, 24/7, to talk with an experienced consultant who can help you:

- Deal with feelings of anxiety, grief, and loss
- Identify local and national resources that can help such as the Red Cross
- Learn what you can do to help people who have been affected by the earthquake.

If you or your family have been affected by the earthquake in Haiti, you can call Military OneSource 24/7 at **1-800-342-9647** for free assistance and support. You can also go to www.MilitaryOneSource.com any time to learn about counseling options, find online resources, or read or download expertly prepared articles, including:

- *Coping with Fears Following a Traumatic Event*
- *Helping a Child Manage Fears After a Traumatic Event*

Military OneSource can help.

Call 1-800-342-9647 any time to speak with a consultant.

Or visit www.MilitaryOneSource.com

En español: 1-877-888-0727. For TTY/TDD: 1-800 346-9188

Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com