

# How to Help After Tropical Storm Helene

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**ATLANTA** - There are many ways to help those affected by Tropical Storm Helene across the Southeast. Here are some of the organizations providing support to people who experienced loss from the storm:

- **Get in Touch:** Family and friends of people in disaster-affected areas are urged to check social network sites for information about your loved ones. Visit the [American Red Cross Safe and Well](#) or [Contact Loved Ones | Disaster Aid | Red Cross](#).
- **Text. Don't Call:** Texting leaves lines open for emergencies.
- **How to Help:** Cash donations are the most effective way to help after a disaster. Visit [Volunteer and Donate | FEMA.gov](#).

Additionally, [National VOAD members and partners](#) are assisting communities in need. National VOAD members and partners will serve these communities as long as necessary. There is no request for donations outside of cash. do not send unsolicited donated goods, and please do not self-deploy.

- North Carolina - [North Carolina Voluntary Organizations Active in Disaster \(ncvoad.org\)](#).

For the latest information about North Carolina's recovery, visit [fema.gov/disaster/4827](#). Follow FEMA on X at [x.com/femaregion4](#) or on Facebook at [facebook.com/fema](#).



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