



## How You Can Help

North Carolina will continue to experience impacts of Hurricane Florence in the days and weeks to come. If you are interested in volunteering, there are many ways you can help.

### How NURSES Can Help:

If you are a nurse, please refer to the following resources offered from the [NC Nurses Association](#).

- NC NURSES ONLY: If you are an individual nurse and can help, please register with the [American Red Cross of Eastern North Carolina](#).
- OUT-OF-STATE NURSES ONLY:
  - Due to licensure restrictions, nurses from outside of NC can only practice as nurses in established NC healthcare systems or through the [American Red Cross](#).
  - Register with your state's [Emergency Management Department](#) now. North Carolina's Office of Emergency Medical Services will reach out to other states as needed in the coming months.
- ANY NURSES: There are many volunteering opportunities that do not require you to practice as a nurse; look for a group within the [National Voluntary Organizations Active in Disaster](#) (National VOAD).

### How PHYSICIANS can help:

If you are a physician, please refer to resources offered from the [NC Medical Board](#).

### How BEHAVIORAL HEALTH Professionals can help:

- NC BEHAVIORAL HEALTH PROFESSIONALS ONLY:
  - Register with the North Carolina Psychological Association's [Disaster Response Network](#) (This includes all licensed behavioral health professionals (PhDs, LCSWs, LMFTs, etc.)
  - American Red Cross of Eastern North Carolina: [Mental Health Volunteer](#)
  - NC Social Workers seeking information on how to help during recovery should refer to resources offered from the [National Association of Social Workers–North Carolina](#) (NASW-NC).
- OUT-OF-STATE BEHAVIORAL HEALTH PROFESSIONALS ONLY:
  - Register with your state's [Emergency Management Department](#) now. North Carolina's Office of Emergency Medical Services will reach out to other states for resources as needed in the coming months.
  - Register with the North Carolina Psychological Association's [Disaster Response Network](#). (This includes all licensed behavioral health professionals: PhDs, LCSWs, LMFTs, etc.)
  - American Red Cross of Eastern North Carolina: [Mental Health Volunteer](#)

### How ANYONE can help:

- VOLUNTEERING
  - Help your fellow North Carolinians by volunteering through [volunteernc.org](#), the [National Voluntary Organizations Active in Disaster](#) and the [American Red Cross](#).
- DONATIONS
  - Help support the recovery efforts by donating to the [North Carolina Disaster Relief Fund](#).