

Supporting Communities After Wildfires

The LA wildfires have impacted local communities in different and devastating ways. We hope these resources can support you in navigating the aftermath. You are not alone.

Community resources are split into six categories: Wildfire-Specific Resources for Supporting Youth, Resources for First Responders, LA County Resources, Support for Workplace Leaders, Taking Care of Yourself, Other Disaster-Related Resources for Youth and Families, and Books and Other Activities for Youth. Click on a category below to jump to a list of resources related to the topic.

Many resources are available in multiple languages by visiting the link.

[Wildfire-Specific Resources for Supporting Youth](#)

[Resources for First Responders](#)

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[Support for Workplace Leaders](#)

[Taking Care of Yourself](#)

[Other Disaster-Related Resources for Youth and Families](#)

[Books and Other Activities for Youth](#)

Wildfire-Specific Resources for Supporting Youth

[Children & Recovery from Wildfires](#) (Alisa Ann Ruch Burn Foundation)

A guide describing potential reactions and helpful responses according to kids' age groups, and a compilation of other resources.

[Coping with Trauma and Stress in the Face of Wildfires: Tips for Early Childhood Educators](#) (Zero to Three Resource for Early Childhood Educators)

Tips for early childhood educators working with babies and toddlers.

[Helping Children After a Wildfire: Tips for Caregivers and Teachers](#) (National Association of School Psychologists)

Tips for parents, teachers, and other caregivers to help children and youth cope in the aftermath of a wildfire by remaining calm and reassuring.

[How to Talk to Your Children About the California Wildfires and Other Natural Disasters](#) (Parents Magazine)

When natural disasters strike, they are scary for anyone. Help support coping with these suggestions.

[Parent Guidelines for Helping Children Impacted by Wildfires](#) (National Child Traumatic Stress Network)

Guidelines for common child reactions to wildfires, supporting children, and supporting one's self are included.

[Preparing Children After a Wildfire Damages Your Community](#) (National Child Traumatic Stress Network)

Offers guidance to parents and caregivers on deciding whether or not a child should return to their home or neighborhood after it was damaged in a wildfire.

[Protecting Children from Wildfire Smoke and Ash](#) (American Academy of Pediatrics)

Fact sheet and guidance to minimize the impact on children's health from exposure to wildfire smoke and ash.

Wildfire-Specific Resources for Supporting Youth

Wildfire Resources (National Child Traumatic Stress Network)

Links to several additional resources and guides for parents/caregivers, educators, disaster service workers, child welfare workers, and more.

Wildfires: Tips for Parents on Media Coverage

(National Child Traumatic Stress Network)

Offers parents information about media coverage after a wildfire and provides guidance on understanding media exposure, what parents can do to help, and when your family is a part of the story.

Resources for First Responders

Center for Firefighter Behavioral Health

Behavioral health resources and education for firefighters and their families.

Crisis Oriented Recovery Service (CORS) (UCLA Prevention Center of Excellence)

Intended for use by mental health clinicians, CORS is a short-term intervention for providing immediate crisis services for individuals and families, as well as address case management needs and assure linkage to ongoing services.

Helping Heroes: A web-based training course for providers working with firefighters

Listen, Protect, Connect – Model & Teach, Psychological First Aid for Students and Teachers Summary (UCLA Prevention Center of Excellence)

A quick 1-page reference for how to get started implementing Psychological First Aid-Listen, Protect, Connect, Model, and Teach.

Psychological First Aid (PFA) (National Child Traumatic Stress Network)

An early intervention to support children, adolescents, adults, and families impacted by traumatic events.

Psychological First Aid for Everyone (UCLA Prevention Center of Excellence)

A course for everyone to learn and apply Psychological First Aid skills to effectively provide emotional and informational support to others experiencing disaster-related stress.

PFA Wallet Card (National Child Traumatic Stress Network)

Summarizes the Psychological First Aid (PFA) eight core actions. This card is a quick reminder of the eight core actions involved in Psychological First Aid.

PFA Handouts for First Responders:

- Parent Tips for Helping Infants and Toddlers
- Parent Tips for Helping Preschoolers
- Parent Tips for Helping School-Age Children
- Parent Tips for Helping Adolescents
- Tips for Adults

Source: National Child Traumatic Stress Network

Resources for First Responders

Safety and De-escalation During a Crisis (UCLA Prevention Center of Excellence)

A tip sheet to help distressed people feel safe while keeping yourself safe.

Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover (Center for the Study of Traumatic Stress)

Following a disaster, governments and relief organizations play an important role in reducing distress for both victims and the broader society.

The Mental Health Impacts of Wildfires (American Psychiatric Association)

Wildfires, like other natural disasters and traumatic events, take a toll on the mental health of those directly affected and in the community. Learn about the specific mental health impacts of wildfires and what providers can expect to see.

LA County Resources

211

Nonprofit guide to services and information in your area with updated resources for Wildfire support in LA County. Call **211** or go to [**211la.org/LA-Wildfires**](https://211la.org/LA-Wildfires).

Disaster Distress Helpline (DDH)

The first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters. Call or text: **1-800-985-5990**.

DMH Help Line

24/7 support and resources for those who are experiencing mental health distress related to the wildfires in California. Call **(800) 854-7771** or go to **Disaster Mental Health Resources website**.

Find Help

Database of local resources, including housing and food by zip code as well as specifically related to California Wildfires.

Los Angeles County Office of Education- Resources and Updates

Mutual Aid Los Angeles Network

A comprehensive, updated list of available shelters, mental health resources, free items & distribution centers across LA. Go to <https://mutualaidla.org/> and click on "January 2025 Fire & Wind Storm Resource Library".

Parents Anonymous® Inc.

Offers The California Parent & Youth Helpline and Online Parent Support Groups to address increased stressors and concerns faced by families, parents, and youth during the current uncertain and troubling times.

Parents and youth can call, text and chat **855-4APARENT (1-855-427-2736)** for emotional support and referrals in English, Spanish, and other languages, every day from 8am to 8pm.

Sign up for the Online Groups at [**caparentyouthhelpline.org**](https://caparentyouthhelpline.org). Other Parents Anonymous resources can be accessed on their website.

Support for Workplace Leaders

Leadership Communication: Anticipating and Responding to Stressful Events (Center for the Study of Traumatic Stress)

How leaders behave and communicate during stressful situations, such as the response to a disaster event, can make significant differences in how people respond and react.

Supporting Employee Wellbeing After a Crisis (UCLA Prevention Center of Excellence)

Strategies for managers to know what to expect and how to effectively support employees.

Taking Care of Yourself

Compassion Fatigue and Self-Care (UCLA Prevention Center of Excellence)

A tip sheet offering ways to practice self-care, even if you only have a few minutes.

Sustaining the Psychological Wellbeing of Caregivers While Caring for Disaster Victims (Center for the Study of Traumatic Stress)

Supporting caregivers and encouraging them to practice self-care sustains their ability to serve victims of disaster.

Stress Busters (ACEs Aware)

Stress Busters are seven ways you can manage your day-to-day stress as well as counter toxic stress from Adverse Childhood Experiences.

Taking Care of Yourself During Crisis (UCLA Prevention Center of Excellence)

A tip sheet outlining common signs of stress and practical strategies to care for your own wellbeing while providing assistance to others.

Other Disaster–Related Resources for Youth and Families

After a Crisis: Helping Young Children Heal

(National Child Traumatic Stress Network)

Offers tips to parents and caregivers on how to help young children, toddlers, and preschoolers heal after a traumatic event.

Be PREPARED (UCLA Prevention Center of Excellence)

A tip sheet for parents and caregivers on speaking with their kids about difficult situations.

Coping After a Natural Disaster (Zero to Three)

Learn how to support babies and toddlers in coping with uncertainty in the wake of a natural disaster.

Creating Supportive Environments When Scary Things Happen

(Center for Resilience and Wellbeing in Schools; National Child Traumatic Stress Network)

Offers guidance on creating supportive environments for youth when scary things happen to promote emotional safety and connection for children and families.

Disaster Relief and Recovery Services (American Red Cross)

Access Red Cross services now and access information about safety and recovery after a disaster.

Help Kids Cope (UCLA)

An app designed to assist parents in talking to their children about different disasters they may experience or have already experienced.

Helping Children Cope with Disaster (FEMA and American Red Cross)

Offers parents, caregivers, and other adults suggestions on how to help children cope with the effects of disaster, as well as how to be prepared before a disaster strikes.

Other Disaster-Related Resources for Youth and Families

[Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)

(National Child Traumatic Stress Network)

Describes how school-age children may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

[Helping Teens with Traumatic Grief: Tips for Caregivers](#)

(National Child Traumatic Stress Network)

Describes how teens may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

[Mental Health and Stress after an Emergency](#)

(Los Angeles County Departments of Public Health and Mental Health)

Understand common stress reactions following an emergency and learn tips for what adults and children can do to support wellbeing.

Books and Other Activities for Youth

[Here for Each Other: Helping Families After a Fire](#) (Sesame Street)

Downloadable activity and coloring book.

[Once I Was Very Very Scared](#) (Piplo Productions)

Downloadable book, activities, and video for young children.

[Simple Activities for Children and Adolescents](#)

(National Child Traumatic Stress Network)

Offers activity ideas to parents and caregivers whose families are spending time with disrupted routines due to any type of disaster or event.

[Trinka and Sam: The Big Fire](#) (National Child Traumatic Stress Network)

Children's book that can be read with/to children to explain the wildfires.

- [Downloadable book](#) includes the Spanish, Portuguese, and Greek versions of the book
- [Video](#) of book being read