

Wildfire Mental Health Resources for Educators

Information for teachers & caregivers on how to help students/children and themselves respond and recover from a disaster or emergency, including wildfires

Alberta Teachers' Association **Resources for Helping Students Deal with Disasters & Trauma**

Alberta Health Services

Wildfire Resources

- **Help in Tough Times (Resources for People Affected by Wildfire)**
- **Back to School**
- **Mental Health Resources Tab**

Recovery

- **Recovery After a Disaster or Emergency**
- **Having Trouble Coping After a Disaster or Emergency Tip Card**
- **Helping You Recover and Stay Well After a Disaster or Emergency**
- **Helping Children and Teens Recover from a Disaster or Emergency**
- **Alcohol and Other Drug Use after a Disaster or Emergency**
- **Skills for Psychological Recovery After a Disaster**

Canadian Red Cross www.redcross.ca

- **Help Students Deal with the Emotional Impact of Emergencies and Disasters**

Government of Canada

- **Impacts on First Nation Communities**
- **Mental Health Support for First Nations**

Substance Abuse and Mental Health Services Association (SAMHSA)*

- **Disaster Anniversaries** - **Webcast** - **Presentation (PDF)**

National Child Traumatic Stress Network (NCTSN)* www.nctsn.org/

- **[Natural Disasters](#)**
 - **[Impact of Wildfires](#)**
 - **[Recovery After a Wildfire](#)**
 - **[Children's Reactions](#)**
 - **[What Teachers Can Do to Help Their Students](#)**
 - **[What Teachers Can Do to Help Themselves](#)**
 - **[Wildfires: Tips for Parents on Media Coverage](#)** (PDF)
- **[Psychological First Aid \(PFA\) for Schools](#)**
- **[Child Trauma Toolkit for Educators](#)**
- **[Resources for Schools](#)**

[Helping Students Cope with Media Coverage of Disasters: A Fact Sheet for Teachers and School Staff](#) * (Oklahoma University Medicine – 2011)

[Caring for Kids after Trauma, Disaster and Death: A Guide for Parents and Professionals, 2nd Ed.](#) * (New York University Child Study Center, 2006)

[When Can We Go Home? An Activity Book for Kids Who've Had to Leave Their Homes](#) * (Shapiro, L. E., 2005)

[After a Disaster: A children's workbook](#) *(Vicki Trethowan &Michelle Roberts, 2010)

[Healing After Trauma Skills \(HATS\): A manual for professionals, teachers, and families working with children after trauma/disaster](#) * (Gurwitch, R.H. & Messenbaugh, A.K., 2005)

* **Note:** These materials are for information purposes only. They are from American sources and thus the systems and approaches in which they are used may differ from what Alberta and Canada have in place.