

## **Wildfire Mental Health Resources for Families**

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

**Alberta Health Services** [www.ahs.ca](http://www.ahs.ca)

### **Wildfire Resources**

- [Help in Tough Times \(Resources for People Affected by Wildfire\)](#)
- [Support for Albertans Affected by Wildfire](#) (printable)
- [Wildfire Health and Wellness Resources](#) (printable)
- **Mental Health Resources Tab**

#### **Responding**

- [Responding to a Disaster or Emergency](#)
- [Helping Your Child or Teen Respond to a Disaster or Emergency](#)
- [Responding to Customers Affected by a Disaster](#)
- [Psychological First Aid After a Disaster](#)

#### **Recovery**

- [Recovery After a Disaster or Emergency](#)
- [Recovery After a Disaster or Emergency: Information for Older Adults](#)
- [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](#)
- [Skills for Psychological Recovery After a Disaster](#)

### **Government of Canada**

- [Impacts on First Nation Communities](#)
- [Mental Health Support for First Nations](#)

Community Education Service

<http://fcrc.albertahealthservices.ca/ces/>

**National Child Traumatic Stress Network (NCTSN)\* [www.nctsn.org/](http://www.nctsn.org/)**

- [Impact of Wildfires](#)
- [Recovery After a Wildfire](#)
  - [Parent Guidelines for Helping Children Impacted by Wildfires](#) (PDF)
  - [Wildfires: Tips for Parents on Media Coverage](#) (PDF)
  - [Simple Activities for Children and Adolescents: Complete Set](#) (PDF)
- [Help Kids Cope - Free Mobile App for Parent and Caregivers](#) (Apple)

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

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