

Wildfire Mental Health Resources for Families

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

Alberta Health Services

Wildfire Resources

- **[Help in Tough Times \(Resources for People Affected by Wildfire\)](#)**
- **[Support for Albertans Affected by Wildfire](#)**
- **[Wildfire Health and Wellness Resources \(printable\)](#)**
 - [Helping Your Child or Teen Respond to a Disaster or Emergency](#)
 - [Helping Children and Teens Recover from a Disaster or Traumatic Events](#)
 - [Psychological First Aid After a Disaster - PFA Tutorial](#) (link on pamphlet is broken)
 - [Responding to a Disaster or Emergency](#)
 - [Recovery After a Disaster or Emergency](#)
 - [Skills for Psychological Recovery After a Disaster](#)

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

- **[Wildfires: Impact on Families and Children](#)**
- **[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)
- **[Resources for Parents and Caregivers](#)**

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

Community Education Service

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