

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.

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Wildfire-Specific Resources for Supporting Youth

[Children and 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 Professionals](#) (Zero to Three)

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, but they are especially scary for children. Help support your children's ability to cope 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

[About Psychological First Aid \(PFA\)](#) (National Child Traumatic Stress Network)

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

[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](#)

Create an account to access training for working with firefighters. Most of the content on the site relates to the treatment of occupational stress, anxiety, and depression among adults, with an emphasis on treating the firefighter and first responder populations.

[Listen, Protect, Connect – Model and 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 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.

[Psychological First Aid \(PFA\) 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.

Resources for First Responders

Psychological First Aid Handouts for First Responders (National Child Traumatic Stress Network)

- [Parent Tips for Helping Infants and Toddlers](#)

This is part of the Psychological First Aid (PFA) series from the National Child Traumatic Stress Network. Young children often struggle to express their emotions. This resource offers a solution to aid parents in communicating and helping their young kids through and after disasters.

- [Parent Tips for Helping Preschoolers](#)

This is part of the Psychological First Aid (PFA) series from the National Child Traumatic Stress Network. Preschool-aged children are just beginning to gain awareness of the world around them, but they are still very young and vulnerable. Access tips on helping them through times of disaster and the unknown.

- [Parent Tips for Helping School-Age Children](#)

This is part of the Psychological First Aid (PFA) series from the National Child Traumatic Stress Network. While school-aged children are better at communicating what's wrong, they can become confused or scared about what they do not know. This resource can give some tips on how to respond to your children's reactions to disasters, and helps to guide them through unknown times.

- [Parent Tips for Helping Adolescents](#)

This is part of the Psychological First Aid (PFA) series from the National Child Traumatic Stress Network. Adolescents may experience extreme emotions after disasters. This resource offers tips on how to address older children's concerns.

- [Tips for Adults](#)

This is part of the Psychological First Aid (PFA) series from the National Child Traumatic Stress Network. Regardless of age, stress and trauma during times of disaster affects you. This resource provides tips on responding to adults after or during a disaster.

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.



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Resources for First Responders

[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 Los Angeles County. Call **211** or go to 211la.org/LA-Wildfires.

Didi Hirsch Crisis Counseling

Created for first responders in the wake of the COVID-19 pandemic to help manage trauma and burnout. This group provides support on resilience, coping skills, and methods of maintaining long-term and overall well-being

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**.

Disaster Recovery Centers

Access local, state, federal and non-profit disaster recovery resources in one location throughout Los Angeles County.

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**](#).

Findhelp

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

LA City Emergency Resources

List of emergency resources available for those impacted by the LA Wildfires provided by the Los Angeles Housing Department (LAHD).

LA Disaster Relief Navigator

Powered by Better Angels and Imagine LA, the LA Disaster Relief Navigator is here to help you quickly create a personalized action plan that contains the critical financial and wellness resources available to you.

LA County Relief Fund

Los Angeles County Relief Fund will provide direct financial relief to homeowners, tenants, workers, small business owners, and nonprofits most affected by the fires.



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LA County Resources

[LA Regional Partners Business Assistance](#)

Individualized technical assistance for small businesses impacted by Los Angeles Winds and Wildfires.

[Los Angeles County Office of Education: Wildfire and Windstorm Resources](#)

Access school closure information and other wildfire and windstorm resources.

[Mutual Aid Los Angeles Network](#)

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

[NAMI Greater Los Angeles County](#)

NAMI Greater Los Angeles County (GLAC) is the leading countywide organization composed of grassroots-based chapters that promote wellness, recovery, equality, and dignity for individuals and families affected by mental illness and the community at large.

[OUR HOUSE Grief Support Center](#)

Wildfire mutual aid support, mental health resources, donation drop-off locations, and volunteer opportunities to support the Los Angeles community.

[Parents Anonymous® Inc.](#)

The California Parent & Youth Helpline and online parent support groups 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 at **855-4APARENT (1-855-427-2736)** every day from 8:00 am to 8:00 pm for emotional support and referrals in English, Spanish, and other languages.

Sign up for the online groups at caparentyouthhelpline.org. Other California Parent & Youth Helpline resources can be accessed on their website.

[Teen Line](#)

If you are a teen, call, text, or email Teen Line to talk to a well-trained peer about anything you are struggling with. Text **TEEN** to **839863**, or call **800-852-8336** from 6:00 pm to 10:00 pm PST.



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LA County Resources

[Wildfire Los Angeles](#)

Collection of mental health and emotional support resources from the Los Angeles Regional Fire Safe Council.

[1Degree Family Resource Finder](#)

Generate a list of recommended resources and service providers in your area, tailored to meet you and your family's needs.



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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 how they respond 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

[Abdominal Breathing Script](#)

A script to practice abdominal breathing during times of stress. Practicing deep breathing helps reduce stress and promote a sense of calm.

[Box Breathing](#)

Tipsheet on box breathing, a common relaxation technique that can be done anytime, anywhere.

[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.

[Emotional Care Plan During Trying Times](#)

In this video, you will learn practical tips to develop an emotional care plan. A proactive approach to increasing wellbeing is essential during trying times.

[P.R.O.A.C.T.I.V.E. Tip Sheet](#)

A tipsheet to encourage and support practicing strategies to maintain wellbeing.

[Self-Compassion by Dr. Kristin Neff](#)

This website offers information about self-compassion, as well as research, guided practices, and a way to explore your own self-compassion level.

[Somatic Series: Widening Our Window of Tolerance](#)

Strategies to practice accessible, body-based mindfulness techniques to support wellbeing, nervous system regulation, and a wider Window of Tolerance.

[Strategies to Manage Adult Stress](#)

Managing stress can be challenging. A collection of resources that aid in managing adult stress and promote overall wellbeing.

[Stress Busters: Seven Ways to Manage Stress](#) (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 (ACEs).

Taking Care of Yourself

[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.

[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.

[UCLA MARC Mindfulness App](#)

An app designed to support mindfulness, the practice of training the mind to be present through moment-to-moment awareness of thoughts, feelings, body sensations, and the environment.

[UCLA Mindful-UCLA Health's Mindfulness Education Center](#)

Offers innovative, evidence-based mindfulness programs that empower individuals and institutions to manage stress, enhance health, and cultivate inner and outer peace.

[Understanding the Stress Response](#)

A course to help participants develop increased empathy for self and others dealing with stress, and understand how stress has a physiological impact on the body and mind.

Other Disaster-Related Resources for Youth and Families

[Anxiety Management During Uncertainty](#) (Los Angeles County Departments of Public Health and Mental Health)

An article for parents, educators, and other caring adults to help guide children into successful anxiety management strategies.

[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 to them, 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.

[Managing Grief and Loss](#)

Explore these resources to provide support in managing grief and loss in a trauma and resilience informed way.

[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.

[Strategies for Coping With and Overcoming Loss and Grief](#)

An article on strategies for coping with and overcoming loss and grief.

[Support After Tragedy](#)

Collection of resources for children and adults during and after tragedies.

[UCLA Health Pediatric Grand Rounds: Anxiety Caused By Tragedy](#)

Learn to identify child reactions to stress and ways to best support them following community threats and tragedy throughout various developmental stages.

Books and Other Activities for Youth

Demonstration: Straw Art

Demonstration video of how to guide children to regulate their emotions through Straw Art.

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

Downloadable activity and coloring book from Sesame Street's family guide for fires.

Once I Was Very Very Scared (Piplo Productions)

Downloadable book as well as activities and videos for young children featuring stories of small animals experiencing and overcoming fear.

Sensory Kit on the Go

A tipsheet on the summary of senses, and how to build a sensory kit you can take with you to school, work, extracurricular activities, and anywhere that anxiety might get in the way.

Sensory Toolkit Ideas

Having a sensory toolkit nearby can help lower levels of anxiety so that you can regroup to approach the task at hand. Use this guide for creating your own Sensory Toolkit organized around the five senses.

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.

Soothing With Our Senses

A tipsheet for adults and caregivers to guide children on using their senses to calm themselves when they are experiencing tough emotions.

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. The downloadable book includes the Spanish, Portuguese, and Greek versions of the book. There is also a video of the book being read.