

Wildfires

Tips and Tools:

American Psychological Association:

- **Tips for Managing Your Distress Related to the Wildfires**
Tips on how to manage distress related to wildfires even if not directly affected.
<http://www.apa.org/helpcenter/wildfire-tips.aspx>
- **Recovering from the Wildfires**
Explains how to cope effectively with feelings, thoughts, and actions as you recover from fires.
<http://www.apa.org/helpcenter/wildfire.aspx>

CDC:

- **After the Fire: Your Emotional and Physical Well-Being**
Offers tips on things one can do to help cope with post-fire distress and how to stay healthy during the cleanup time that follows.
<http://www.bt.cdc.gov/disasters/wildfires/pdf/afterfire.pdf>

National Child Traumatic Stress Network:

- **Parent Guidelines for Helping Children Impacted by Wildfires**
Lists common reactions parents may see in their children after a wildfire and how to help their children deal with this distress.
http://www.nctsn.org/sites/default/files/assets/pdfs/parents_wildfires.pdf
- **Wildfires: Tips for Parents on Media Coverage**
How to help children understand media coverage while limiting their exposure to distressing images.
http://www.nctsn.org/sites/default/files/assets/pdfs/Wildfires_media.pdf

Articles:

Santa Barbara Independent:

- **Studying Wildfires and Mental Health: Evacuations Can Calm Some Doubts, Raise Others**
In the midst of a wildfire, doubts arise regarding personal safety, the safety of family and friends, and the safety of property. People generally seek relevant information from media, but these sources vary widely in effectiveness and can often increase uncertainty.
<http://www.independent.com/news/2011/dec/04/studying-wildfires-and-mental-health/>

Los Angeles Times:

- **Wildfires Can Take a Psychological Toll**
Victims may face long-lasting mental problems such as depression and PTSD, researched determined after the 2003 wildfires in Southern California. When these survivors were screened, one-third screened positive for depression and almost one-fourth screened positive for PTSD.
<http://articles.latimes.com/2009/sep/06/local/me-fire-mental6>.

Reporter Herald:

- **Displaced Fire Victims Meet, Beat Stress**

Discusses the coping methods of High Park fire victims in June of 2012.

http://www.reporterherald.com/news/high-park-fire/ci_20925941/displaced-fire-victims-meet-beat-stress