

Helping people to cope and heal after the wildfires.

If your clients have been affected by the Fort McMurray area wildfires, there are mental health resources to help you help them through this difficult time.

Everyone who goes through a traumatic event is affected in some way.

While coping with a disaster or emergency, it's normal to have symptoms of stress.

For some people, the signs of stress may not appear until weeks or months after the event has happened.

NEED HELP NOW?

Emergencies
Call 9-1-1

Mental Health Helpline
Call 1-877-303-2642

There are resources and services available to help you or someone you know who may be affected. **You're not alone.**

HELP LINES

Mental Health Helpline

Call 1-877-303-2642 (toll free within Alberta)

HealthLink

Call 811 or 1-866-408-5465 (outside Alberta)

211

Call 2-1-1

Resource Directory and online chat:

<http://ab.211.ca/#sthash.10lqiXmF.dpuf>

Family Violence Info Line

310-1818

Shepell Fort McMurray Crisis Line

1-844-751-2133

Psychologists Association of Alberta

Providing 3 free sessions for evacuees and first responders

Call 780-424-0294 or 1-888-424-0297

ORDERING INFORMATION

Many of the Alberta Health Services resources listed can be ordered online. For many of the resources, versions are available in French, Tagalog, Somali, Hindi, Arabic, and Spanish.

To view the online catalogue, visit <https://dol.datacm.com/> and enter **Login ID: mentalhealthresources** and **Password: mh2016**.

ONLINE RESOURCES FOR HEALTHCARE PROVIDERS AND PLANNERS

Disaster Response for Health Care Providers Copyright ©2016 Alberta Health Services

<http://www.albertahealthservices.ca/assets/healthinfo/mh/hi-amh-prov-mhpi-disaster-for-responders-helping-impacted-people-communities.pdf>

Door-to-Door Outreach Toolkit: A Strategy For Building Community Connections & Wellness Post-Disaster Copyright ©2016 Alberta Health Services

<http://www.albertahealthservices.ca/assets/healthinfo/mh/hi-amh-prov-mhpi-post-disaster-door-to-door-outreach-toolkit.pdf>

Assessing mental health and psychosocial needs and resources

http://apps.who.int/iris/bitstream/10665/76796/1/9789241548533_eng.pdf?ua=1

IASC guidelines on mental health and psychosocial support in emergency settings

http://www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf

Psychosocial Interventions: A handbook

http://pscentre.org/wp-content/uploads/PSI-Handbook_EN_July10.pdf

Rapid Assessment Guide for Psychosocial Support and Violence Prevention in Emergencies and Recovery (Red Cross)

<http://pscentre.org/wp-content/uploads/PSS-and-VP-Rapid-Assessment-Tool-Emergencies-and-Recovery-2015.pdf>

Tips on how to help others who have been impacted by disasters Copyright ©2016

Alberta Health Services

<http://www.albertahealthservices.ca/assets/healthinfo/mh/hi-amh-prov-mhpi-disaster-responding-to-customers-affected-by-disaster.pdf>

Responding to customers affected by a disaster or emergency Copyright ©2016

Alberta Health Services

<http://www.albertahealthservices.ca/assets/healthinfo/mh/hi-amh-prov-mhpi-disaster-responding-to-customers-affected-by-disaster.pdf>

Caring for ourselves and others

<https://www.youtube.com/watch?v=m1QJFEtAMGU&feature=youtu.be>

Caring for Ourselves and Others: Responding and Serving Indigenous Communities

https://www.youtube.com/watch?v=21TKi_ZCec&feature=youtu.be

Wildfire Health and Wellness Resources

<http://www.albertahealthservices.ca/assets/news/advisories/ne-pha-wildfire-resources-one-pager.pdf>

Help in Tough Times

<http://www.albertahealthservices.ca/news/Page13125.aspx>

Support for Albertans Affected by Wildfire: Help in a Stressful Time

<http://www.albertahealthservices.ca/assets/news/advisories/ne-pha-2016-05-06-fire-support.pdf>

Preparing emotionally for disasters or emergencies Copyright ©2016 Alberta Health Services

<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-preparing-general.pdf>

Preparing Emotionally for Disaster and Emergencies: Information for Older Adults

Copyright ©2016 Alberta Health Services
<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-preparing-older-adults.pdf>

Responding to a disaster or emergency

Copyright ©2016 Alberta Health Services
<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-responding-general.pdf>

Recovery after a disaster or emergency

Copyright ©2016 Alberta Health Services
<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-recovery-general.pdf>

Helping you Recover and Stay well after a Disaster or Emergency Copyright ©2016

Alberta Health Services
<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-recovery-supporting-families.pdf>

Coping with a traumatic event (J'ai été confronté à un événement traumatique)

<http://publications.msss.gouv.qc.ca/msss/fichiers/2013/13-860-06F.pdf>

After a disaster Psychosocial Information Sheet (Un sinistre est arrivé, Fiche psychosociale)

<http://publications.msss.gouv.qc.ca/msss/fichiers/2013/13-860-05F.pdf>

Relationships: What is Healthy, What is Not

<https://myhealth.alberta.ca/Alberta/Pages/Relationships-what-is-healthy-and-what-is-not.aspx>

ONLINE TRAINING RESOURCES

Psychological First Aid: After a Disaster or Emergency Copyright ©2016 Alberta Health Services

<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-pfa-after-a-disaster.pdf>

Mobile App: <http://www.nctsn.org/content/pfa-mobile>

Online Training:
<http://learn.nctsn.org/course/index.php?categoryid=11>

Skills for Psychological Recovery (SPR) After a Disaster or Emergency Copyright

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<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-spr-after-disaster-general.pdf>

Online training:
<http://learn.nctsn.org/enrol/index.php?id=113>

Trauma Informed Care: Online module

<https://dl.dropboxusercontent.com/u/46689604/2/Trauma%20Informed%20Care%20eLearning%20Module/TIC%20E-Learning%20Module%20A1%20-%20What%20is%20Trauma%20Informed%20Care/story.html>

ONLINE RESOURCES FOR TEACHERS AND SCHOOLS

Wildfire Mental Health Resources for Educators

<http://www.hmhc.ca/Media/Wildfire%20Educator%20Mental%20Health%20Resources.pdf>

What is Trauma Informed Practice

<https://education.alberta.ca/trauma-informed-practice>

Wildfire Update from Alberta Education

<https://education.alberta.ca/wildfire-information-update/>

Help students deal with the emotional impact of emergencies and disasters - Facing fear (also available in French)

<http://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/for-teachers-and-educators-of-children/help-students-deal-with-the-emotional-impact-of-emergencies-and-disasters/facing-fear>

ONLINE RESOURCES FOR PARENTS AND CAREGIVERS

All children and teens respond differently to a disaster or traumatic event. Help children learn to cope with feelings like anger, fear, guilt, and helplessness, to strengthen a family's ability to cope with a traumatic event.

Guide to Wildfire Recovery: Parents and Caregivers

http://www.redcross.ca/crc/documents/Where-We-Work/Canada/Alberta/AlbertaFiresInfo/FtMacCR_Guide_parent-caregiver.pdf

Responding to Stressful Events: Taking Care of Ourselves, Our Families and Our Communities

http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/communities_e.pdf

French: http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/soin-de-soi-communaute_f.pdf

Family violence information and supports

<http://www.humanservices.alberta.ca/abuse-bullying/15666.html>

Healthy Minds Healthy Children

<http://www.hmhc.ca/fire.html>

Responding to Stressful Events: Helping Children Cope

http://www.cpa.ca/docs/File/Emergencies/helping_child_cope_EN.pdf

French: http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/comment-aider-vos-enfants_f.pdf

Responding to stressful events: helping teens cope

http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/helping-teens-cope_e.pdf

French: http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/comment-aider-vos-adolescents_f.pdf

Helping your child or teen prepare emotionally for disasters or emergencies

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<http://www.albertahealthservices.ca/assets/healthinfo/mh/hi-amh-prov-mhpi-disaster-preparing-children-teens.pdf>

Helping your child or teen respond to a disaster or emergency Copyright ©2016

Alberta Health Services

<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-responding-children-teens.pdf>

Helping your child or Teen Recover from a Disasters or Emergency Copyright ©2016

Alberta Health Services

<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-recovery-children-teens.pdf>

Helping children and young people cope with crisis (Red Cross)

http://www.redcross.org.au/files/Helping_Children_and_Young_People_Cope.pdf

Wildfire Mental Health Resources for Families

<http://hmhc.ca/Media/WildfireMentalHealthResourcesforFamilies.pdf>

When Can We Go Home? An activity book for kids who've had to leave their homes .

<http://education.wm.edu/centers/hope/resources/shelter/documents/whencanwegohome.pdf>

Help4Me

<https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health>

My child was confronted with a traumatic event Psychosocial Information Sheet (Mon enfant a été confronté à un événement traumatique)

<http://publications.msss.gouv.qc.ca/msss/fichiers/2013/13-860-06F.pdf>

NON-INSURED HEALTH BENEFITS (NIHB) CLIENTS

For assistance accessing mental health counselling, NIHB clients in Alberta should call 780-495-3302 or 1-800-232-7301

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/newsletter-bulletin-eng.php#s2016-05-05>

It's normal to feel stress.

This is a difficult time for thousands of Albertans directly or indirectly affected by the wildfires.

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