

Coping and healing after the wildfires.

If you've been affected by the Fort McMurray area wildfires, help is available to get you 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.

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

Need help now?

Emergencies

Call 9-1-1

Mental Health Helpline

Call 1-877-303-2642

Helplines

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

Online Resources

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>

Information • Resources • Tools • Contacts

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/healthinfo/mh/hi-amh-prov-mhpi-disaster-preparing-general.pdf>

Preparing Emotionally for Disaster and Emergencies: Information for Older Adults

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

Responding to a disaster or emergency

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

Recovery after a disaster or emergency

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<http://www.albertahealthservices.ca/assets/healthinfo/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/healthinfo/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>

Resources for parents and caregivers

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

Information • Resources • Tools • Contacts

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

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Helping your child or Teen Recover from a Disasters or Emergency

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<http://www.albertahealthservices.ca/assets/healthinfo/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>

Resources to help you help others

Tips on how to help others who have been impacted by disasters Copyright ©2016
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<http://www.albertahealthservices.ca/assets/healinfo/mh/hi-amh-prov-mhpi-disaster-responding-to-customers-affected-by-disaster.pdf>

Responding to customers affected by a disaster or emergency Copyright ©2016
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<http://www.albertahealthservices.ca/assets/healinfo/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_ZC_ec&feature=youtu.be

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>

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It's normal to feel stress.

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