

Disaster Mental Health Resources

Mental Health Resources for Those Impacted by Wildfire

If you or your loved ones are experiencing mental health distress related to the wildfires in California, do not hesitate to ask for help. 24/7 support and resources are available through our **Help Line at [\(800\) 854-7771](tel:8008547771)** and through the **[988 Suicide & Crisis Lifeline](tel:988)**.

Para cualquier pregunta relacionada con el manejo del estrés y problemas de salud mental, comuníquese con nuestro departamento de salud mental al numero (800) 854-7771

Recursos en Español: Explora estos recursos en español para ayudarte a comenzar una conversación sobre la salud mental con miembros de tu familia y tu comunidad.

[Salud Mental y Estrés Después de Una Emergencia](#)

SanaMente.org

Resources for additional ways you can support yourself and others during this time:

- [Mental Health and Stress After An Emergency](#) (LACDMH / DPH)
- [LA County Emergency Response and Recovery Page](#)
- [Disaster Distress Helpline](#) at **800-985-5990**
- [CalHOPE Warmline](#) at **833-317-4673**
- [Crisis Text Line](#) by texting **LA** to **741741**

<https://dmh.lacounty.gov/our-services/disaster-services/disaster-mh-resources/>

Additional Resources:

- [The Mental Health Impact of Wildfires](#) (American Psychiatric Association)
- [Wildfire & Mental Health](#) (California Department of Public Health)
- [Children & Recovery from Wildfires](#) – guide that goes through potential reactions and helpful responses according to kids’ age groups
- [Helping children after a wildfire: Tips for caregivers and teachers](#) (National Association of School Psychologists, 2023).
- [Parent Guidelines for Helping Children Impacted by Wildfires](#) (National Child Traumatic Stress Network)
- [Wildfire Resources](#) (NCTSN)
- [How to Talk to Your Children About the California Wildfires and Other Natural Disasters](#) (Parents Magazine, 2025)
- [BE PREPARED](#) (UCLA COE) – Tipsheet to support parents in speaking with their kids about difficult situations
- [Coping After a Natural Disaster](#) (Zero to Three) – Resource for parents of babies and toddlers
- [Coping with Trauma and Stress in the Face of Wildfires: Tips for Early Childhood Educators](#) (Zero to Three) – Resource for Early Childhood Educators
- “Coping with the Loss of a Loved One”, available in [English](#) | [العربية](#) (Arabic) | [հայերեն](#) (Armenian) | [អង្គរខ្មែរ](#) (Khmer) | [简体中文](#) (Simplified Chinese)| [繁體中文](#) (Traditional Chinese) | [فارسی](#) (Farsi) | [日本語](#) (Japanese)| [한국어](#) (Korean) | [Русский](#) (Russian) | [Español](#) (Spanish)| [Tagalog](#) | [Tiếng Việt](#) (Vietnamese)

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- [Additional Grief & Loss Resources](#)

Coping with a disaster can be difficult. You are not alone. Stress, anxiety, and depression-like symptoms are common reactions after a disaster for both children and adults. Getting help as soon as possible is the best way to protect your long-term mental health.

Services are available to help you and others cope with reactions or feelings during or after a disaster. If you or someone you know is in emotional distress, please reach out now for help:

Mental Health Help Line: Call **(800) 854-7771** or text “**LA**” to **741741** to find immediate help or access local mental health services. This 24/7 multilingual LA County hotline also enables disaster victims to receive screening, assessment, referrals and crisis counseling over the telephone.

Additional emergency-related information, resources and support are also available at:

L.A. County Emergency Response: Visit <https://www.lacounty.gov/emergency/> for the latest information and updates about the County’s disaster response and recovery efforts, including services available to affected residents and businesses.

Access LA County Social Services: Call **211** or visit www.211la.org for 24/7 help in finding disaster services, support or referrals you or your family may need during or after a disaster.

Disaster Distress Helpline: Call **(800)-985-5990**, text “**TalkWithUs**” to **66746** to connect with a trained crisis counselor or [visit its website](#) for disaster-related resources. The national, multilingual helpline provides immediate crisis counseling for people experiencing distress related to any natural or human-caused disaster.

Coping with Re-Traumatization: Info sheets in [English](#) and [Spanish](#)

Mental Health and Stress After an Emergency: This [one-page resource](#) can help you identify common reactions and what you can do for you and your family.

Helping Kids Cope: The [National Child Traumatic Stress Network](#) offers resources for helping children handle a wildfire disaster and offers tools like an [activity guide for children and teens](#) who face evacuation in a disaster. You can also download the [Help Kids Cope Phone App for Apple](#) or [Help Kids Cope Phone App for Android](#).

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Crisis and Hotline Telephone Numbers

PHONE NUMBERS

Los Angeles Crisis Hotlines:

988 – New Suicide and Crisis Lifeline

L.A. Co. Mental Health/Crisis Line
800-273-TALK(8255)

Alcoholics Anonymous (24 Hours)
213-936-4343