Many Oregonians have experienced loss, displacement, or are supporting friends and family members due to recent wildfires and floods. These natural events come at a time when we are already working together to address the ongoing impacts of the COVID-19 pandemic.

If you or your family members are feeling stressed, anxious, or exhausted as a result of these experiences, **you are not alone**.

Resources are available to support you through these challenging times.

- **Call 2-1-1** to get connected with health and service organizations. They have bilingual staff and access to a 24/7 language interpreter service offering over 240 languages.
- **OHA Wildfire and Smoke Resources** (in multiple languages)
- **Parent Guidelines for Helping Children Impacted by Wildfires** (**En Español**)
- **Wildfires: Tips for Parents on Media Coverage** (**En Español**)
- **Simple Activities for Children During Evacuations or When Playing Outside is Restricted**
- **After a Crisis: Helping Young Children Heal**
- **Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash**
- **Helping Children After a Wildfire: Tips for Parents and Teachers**

**Resources for Educators**

- **Helping Youth After Community Trauma: Tips for Educators**
- **Leadership Communication: Anticipating and Responding to Stressful Events**
- **Natural Disasters and Relocated Students With Special Needs**
- **U.S. Department of Education Crisis Planning Guide**

**Psychological First Aid**

- **Parent Tips for Helping Infants and Toddlers** (**En Español**)
- **Parent Tips for Helping Preschoolers** (**En Español**)
- **Parent Tips for Helping School-Age Children** (**En Español**)
- **Tips for Adults** (**En Español**)

**Mobile Apps**

- **Help Kids Cope**
- **PFA Mobile**

**Disaster Helpline**

- **SAMHSA Disaster Distress Helpline**