

Please find below Mental Health Resources for parents, teachers and professionals to prepare, respond and recover from disasters.

AHS Website Wildfire Resources – Mental Health Resources

www.albertahealthservices.ca/news/page13075.aspx

- [Helping Your Child or Teen Prepare Emotionally For Disasters or Emergencies](#)
- [Helping Your Child or Teen Respond to a Disaster or Emergency](#)
- [Helping Children and Teens Recover from a Disaster or Traumatic Events](#)
- [Preparing Emotionally for Disasters or Emergencies](#)
- [Psychological First Aid After a Disaster](#)
- [Responding to a Disaster or Emergency](#)
- [Recovery after a Disaster or Emergency](#)
- [Skills for Psychological Recovery After a Disaster](#)
- [Skills for Psychological Recovery for Health Professionals](#)
- Additional resources -www.albertahealthservices.ca/amh

The National Child Traumatic Stress Network (NCTSN)

www.nctsn.org/

- [Psychological First Aid \(PFA\) – Natural Disasters](#)
 - [PFA for Schools](#)
 - [Recovery After a Wildfire](#) (*How parents/teachers can help themselves and their children/students*)
 - [Parent Guidelines for Helping Children Impacted by Wildfires](#) (PDF)
 - [Wildfires: Tips for Parents on Media Coverage](#) (PDF)
 - [Simple Activities for Children and Adolescents: Complete Set](#) (PDF)
- [PFA - Free Mobile App](#)
- [Helping Kids Cope Free Mobile App](#)
- [Resources for Schools](#)

NCTSN Learning Centre

<http://learn.nctsn.org/>

Free online training for professionals. (Continuing Education Credits available)

