



CREEK FIRE SUPPORT

A Guide for our Community



The Creek Fire has impacted our community in unimaginable ways. It is important to remember that anxiety, sadness, and trouble sleeping are common responses to traumatic events. The effect of a disaster or traumatic event goes far beyond its immediate devastation. It takes time for survivors to grieve and rebuild individual and family lives. Please know that you are not alone and support is available. #MOUNTAINSTRONG

POSSIBLE COMMON REACTIONS

PRESCHOOL

- Thumb sucking
- Bedwetting
- Clinging to parents
- Sleep disturbances
- Loss of appetite
- Fear of the dark
- Regression in behavior
- Withdrawal from friends & family



ELEMENTARY AGE

- Irritability
- Aggressiveness
- Clinginess
- Nightmares
- Poor concentration
- Withdrawal from activities & friends



ADOLESCENTS

- Sleeping & eating disturbances
- Agitation
- Increase in conflict
- Physical complaints
- Delinquent behavior
- Poor concentration



ADULTS

- Sleep disturbances
- Sadness, depression, hyperactivity, irritability or anger
- Having no feelings at all or feeling numb
- Lack of appetite or eating all the time
- Trouble concentrating or feeling confused

- Social isolation, reduced or restricted activities
- Thinking that no one is having the same reactions as them
- Headaches, stomachaches or other body pains
- Misusing alcohol, tobacco, drugs or prescription medications to cope

If any of these symptoms are severe or exhibited over an extended period of time, refer for appropriate medical and/or mental health intervention.

HOW TO TALK TO YOUR CHILDREN

Children are susceptible to physical/mental health challenges and may also not be able to communicate their thoughts and feelings following a disaster. To help children cope, consider the following:

- Share age-appropriate information
- Encourage children to ask questions
- Limit media exposure
- Return to a routine as soon as possible
- Reach out for help



- Remain calm and reassuring
- Encourage them to talk about their feelings
- Validate and normalize their feelings
- Emphasize their resiliency "You're strong!"
- Encourage them to talk about their experience

TAKING CARE OF YOURSELF & YOUR FAMILY

Even though it feels impossible right now, taking care of yourself is important in order to take care of other people.



Give yourself permission to grieve and feel. Be kind to yourself. Give yourself permission to be angry.



Reach out to your connections for support- family, friends, religious, cultural, social circles



Take the time to process so you can make informed decisions for your future



Focus on the strength of your community and reach out to those who are experiencing this crisis with you. Lean on each other for positive coping skills.



Try calming activities, such as taking a nap, coloring, creative outlets, listening to music, go for a walk, yoga, mindfulness



Try not to rely on the information that is on social media unless it's a reputable source



Get help for mental, physical, and substance abuse concerns

RESOURCES

We are all here for you!

Please reach out and get the help that you and your family need!

NEED IMMEDIATE SHELTER, FOOD & CLOTHING?



American Red Cross

Transitional Evacuation Point (TEP) set up at Clovis North High School for Fresno County Residents. Madera County residents report to Mariposa Fairgrounds. Register onsite for **shelter support**, **food supports** and linkage to **other supports**.



MAP

MULTI-AGENCY ACCESS PROGRAM

Service to assess needs and address **housing** and provide referrals to other shelters and triage centers. Can also connect you to **food**, **clothing** and other **public benefits**.
559-512-6777 xtn 1



CLOVIS HILLS COMMUNITY CHURCH

Come and pick up **food**, **supplies**, **clothing**, and **gift cards for clothes, food or gas**.
10590 N. Willow Ave, Clovis 93619

NEED TO TALK?



If you are experiencing some **tough thoughts** call the National Disaster Distress Helpline **24/7**. Also available in multiple languages, including support for Deaf and Hard of Hearing.
1-800-985-5990 or text TalkWithUs or Hablanos to 66746
TTY 1-800-846-8517



The Fresno County DBH Warm Line provides non-emergency emotional and coping support to community members. Warm line operators provide supportive listening, practical coping ideas, and information on how to get connected to behavioral health services.
559-600-WARM (9276) M-F 8 am- 5 pm



Call the Creek Fire Youth Support Line for **social-emotional** help to talk to **local providers** from Fresno County Superintendent of Schools **All 4 Youth Program** (in partnership with Fresno County Department Behavioral Health) who are prepared to help your children process what is going on, share tips for how to talk to your children, tips for coping, etc.
559-779-5287 Available M-F 8 am- 5 pm



The **National Suicide Prevention Lifeline** provides **24/7**, free and confidential support for people in distress, prevention and provides crisis resources for you or your loved ones.
1-800-273-TALK or 1-800-273-8255
Crisis Text line: 741741



Most school districts and many employers have an Employee Assistance Program (**EAP**). Check with your benefits specialist or Human Resources Department for more information.

ONLINE RESOURCES

For additional resources click the image below.



There are many other resources out there-
Reach out, Connect & Look for the helpers!

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