

# FREE RESOURCES FOR FIRE SURVIVORS



## Wildfire Mental Health Collaborative

To access supportive services call: **866.960.6264**

The Wildfire Mental Health Collaborative (The Collaborative) is a community-wide initiative committed to mental health recovery care for wildfire survivors. Everyone affected by the fires can learn to recognize the signs of distress and access free mental health services to aid short- and long-term coping and resiliency building.

### The Collaborative currently provides:

#### To mental health professionals:

1. Training for Mental Health Professionals including Skills for Psychological Recovery (SPR)

#### To fire survivors:

2. Free group information and resiliency building sessions conducted by SPR trained mental health professionals
3. Free yoga and iRest meditation classes
4. Free individual counseling
5. Free self-guided resilience training
6. **mysonomastrong.com**: A bilingual wildfire mental health recovery website

### Contact NAMI Sonoma County

Sonoma County residents looking for wildfire mental health support services and referrals (such as individual or group counseling, trauma-informed yoga, iRest meditation groups, or other support services) may:

**Call or text NAMI:** 866.960.6264

**Email NAMI:** [warmline@namisoco.org](mailto:warmline@namisoco.org)

#### NAMI Online Chat:

Go to [namisonomacounty.org](http://namisonomacounty.org) then click on "WARMLINE: CHAT NOW" in the upper right corner

### Visit [mysonomastrong.com](http://mysonomastrong.com)

To assess your needs and to access helpful information in the privacy of your home, check out [mysonomastrong.com](http://mysonomastrong.com).

## For more information or to make a donation

please contact [mentalhealth@healthcarefoundation.net](mailto:mentalhealth@healthcarefoundation.net) or 707.473.0583.

