



SHASTA STRONG

Tips and Resources For Coping After the Carr Fire, A Year Later

Use Natural Supports

Continue to talk with friends, family, and co-workers at your own pace. Follow your natural feeling when deciding how much and to whom you talk to. This will lower anxiety and reduce distress.

Your Story is a Gift

Talking with friends, family, co-workers, and other disaster survivors about your experience is healing. When you make yourself vulnerable, you give others a gift: permission for them to share their experience and be a part of yours.

Accept All the Feelings and Turn Down the Guilt

Accept your own feelings and know that how you're feeling is okay. Your process will be individual but you are not alone. Be kind to yourself and try not to dwell on the “guilts” (i.e. guilt for forgetting to collect something before the fire, guilt for your home being protected while your neighbor lost theirs, guilt for volunteering too little, etc.) Guilt only produces more shame and anxiety. Find gratitude instead.

Look for the Light

Look for the positive and show gratitude to help you and your family feel hopeful. Maintain the view of yourself as capable and the view of others as willing and able to provide support. This helps build resiliency for you and the community.

One Step at a Time

Disaster recovery is a marathon - not a sprint. When problem-solving, focus only on the next step. Set reasonable goals for each day that are achievable. You'll increase your sense of accomplishment and coping capability.

Have Fun and Engage in Positive Activities

Participating in fun activities with friends and loved ones, such as yoga, exercise, and exploring nature in clean air, provides a break from difficult emotions. Refraining from substance use as well as reducing news and social media engagement supports positive emotional health. Experiencing moments of feeling “back to normal” will help in the recovery process.

Volunteer In the Community

Contributing to your community allows you to reconnect and regain a sense of connection and collaboration. Investing in others is healing for you and the people you serve. When you volunteer, you build resiliency and encourage compassion.

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Shasta 211- 211norcal.org

Search: Shasta County Disaster Resources

Search: Mental Health Providers

Shasta County and the City of Redding - shastareddingrecovers.org

Information for long-term recovery including permits, fire-smart landscaping, debris removal, and more.

CalFire- readyforwildfire.org

How to plan for a fire, know what to do before a fire strikes, and evacuation steps.

NorCAL Community Recovery Team- norcalcrt.org

Community-based long-term recovery group set up to assess unmet recovery needs in the community that still exist after initial federal assistance and community support have been distributed.

NOAA Fire Weather Outlook- weather.gov/fire/

For watches and warnings about fire weather hazards.

Cup of Hope

A gathering for those impacted by the wildfires. Wednesdays 2-3 p.m. - Starbucks | 2400 S. Bonnyview

Northern Valley Catholic Social Services- nvcss.org

Direct case management services to disaster survivors and their families. Advocacy, information and referral, crisis intervention services, and recovery services.

Substance Abuse and Mental Health Services Administration- samhsa.gov

Search for information about stress reduction and coping after a wildfire.

CodeRED Alert System- shascom911.com

Real time updates, alerts, and information during emergencies

MENTAL HEALTH CRISIS

Mobile Crisis Outreach Team- 530-238-7134

The MCOT can help in most crisis situations, suicidal talk, extreme anxiety, or severe depression.

Hours of Operation: Mon-Fri 8:30 am - 7 pm.

Visit the local C.A.R.E. Center at 1401 Gold St. Redding, CA 96001 or call (530) 691-4446.

Shasta County 24-hour mental health crisis service line is 530-225-5252.

If you are thinking about suicide, visit your local emergency room, C.A.R.E Center or dial 911.



Shasta County
**Health & Human
Services Agency**