

MENTAL HEALTH GUIDES



[Together for Wellness](#)



[National Child Traumatic Stress Network](#)

HELPFUL ARTICLES



[NCTSN: Parent Guidelines for Helping Children Impacted by Wildfires](#)



[NIH: Helping children and adolescents cope with traumatic events](#)

HELPFUL APPS



[Brightlife Kids \(IOS, ANDROID\)](#)



[Bounce Back Now \(IOS, ANDROID\)](#)

JUST FOR KIDS



[Trinka & Sam: The Big Fire \(BOOK\)](#)



[Here for Each Other \(COLORING BOOK\)](#)

COUNSELING



[Spring Health Scan to register Center for Mental Health Excellence 619-356-0072 Help Group 877-943-5747](#)

HELPLINES

[DMH Helpline 800-854-7771](#)
[CalHope Warmline 833-317-4673](#)
[Disaster Distress Helpline 800-985-5990](#)
[NAMI Warmline 818-208-1801](#)

**MORE RESOURCES
AVAILABLE ON
ACEs-LA.ORG**



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