

ORANGE COUNTY OPERATIONAL AREA
EMERGENCY OPERATIONS CENTER

FOR IMMEDIATE RELEASE

PRESS RELEASE # 010

Date: 9/11/24

Time: 10:48

COPING WITH STRESS DURING AND AFTER WILDFIRE

Disasters like wildfires can result in increased anxiety and stress for both adults and children. This can occur even with people that have not directly suffered loss as a result of the fires.

Signs that someone may be having difficulty coping with a disaster include:

- Depression, sadness or feelings of hopelessness
- Mood swings
- Headaches or stomach problems
- Difficulty sleeping
- Disorientation or confusion
- Reluctance to leave home

To ease the stress, talk to someone about your feelings. Try to maintain a normal household and daily routine. Stay in contact with your existing support network, including family, friends and religious or spiritual contacts. Make sure you get plenty of rest and eat healthy meals. If you or a member of your family still have trouble coping, seek help by consulting a counselor or mental health professional. Children may need frequent comforting and reassurance. Be open and honest, but make sure information provided to children is appropriate for their age. Encourage children to talk about their feelings.

Mental health and wellness resources can be found by visiting OCNavigator.org. Residents can call or text OC Links, the OC Health Care Agency's behavioral health information and referral line, which operates 24/7 at (855) 625-4657. Additionally, the SAMHSA Disaster Distress Helpline is available at (800) 985-5990. This toll-free helpline operates 24/7 and provides free, confidential, and multilingual crisis support to people who are experiencing psychological distress as a result of a natural disaster. Many private insurance plans also include behavioral health support services, which can be found on the back of your plan membership cards.

Release authorized by: Janice Witt Title: 1108

Email or Faxed/time: _____

Sent by: ORANGE COUNTY OPERATIONAL AREA EMERGENCY OPERATIONS CENTER