**Susana Martinez, Governor**

**Sidonie Squier, Secretary**

**Mental Health Support for Wildfire Victims**

After a disaster, such as a wildfire, you may experience feelings of sadness, anger, guilt, or numbness. You may have trouble sleeping, be constantly “on the lookout” for danger, or be jumpy, irritable, or angry. Contact with certain people, sights or sounds may bring back bad memories of the fire or an overwhelming sense of grief. These are all normal reactions to stress. This is a difficult time, but there are things you can do to help cope with the stress and stay healthy even during the cleanup time that follows.

The following recommendations will assist you in your physical and emotional recovery from this disaster:

· Stay Active - Volunteer for work in a shelter, community, school, or faith-based organization.

· Help with cleanup and repair if it is safe to do so.

· Spend time with others.

· Participate in activities you enjoy.

· Take breaks from the cleanup efforts.

· Exercise (indoors if air quality is not acceptable).

· Keep a journal.

· Talk about your feelings.

Keep in mind that returning to the way you felt before the fire may take some time. If you are having trouble managing your feelings, completing daily tasks, or caring for your family, talk to a psychologist, social worker, or a professional counselor.

For coping with stress, use the numbers below for help:

**OptumHealth’s HelpLine:**

**866‐342‐6892**

OptumHealth is the statewide entity for the New Mexico Behavioral Health Collaborative. The company’s toll‐free help line number, **866‐342‐6892**, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone. Specially trained mental health specialists from the company’s OptumHealth business help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

**National Suicide Prevention Lifeline 1-800-273-TALK (8255) www.suicidepreventionlifeline.org**

**National Center for Child Traumatic Stress 1-310-235-2633 www.nctsn.org**

**National Domestic Violence Hotline 1-800-799-SAFE (7233) www.ndvh.org**

**National Child Abuse Hotline 1-800-4-A-CHILD (422-4453) www.childhelpusa.org**