



Wildfire and Windstorm Resources for L.A. County Schools & Communities

January 2025

Mental Health and Wellness Resources

Digital Applications:

- **[BrightLife Kids](#)**: A **[CalHope](#)** app by Brightline providing mental health and caregiving support tailored to children aged 0-12 years old and their families. BrightLife Kids is available free of charge and can be shared as a resource to caregivers and families experiencing stress.
- **[Soluna App](#)**: California's mental health app designed for ages 13-25, offering emotional health resources. Completely free and confidential for California teens and young adults. Always.
- **[Never a Bother](#)**: Launched in 2024 by the California Department of Public Health's Office of Suicide Prevention, this campaign aims to prevent suicide among teens and young adults in California.

Tips and Guides:

- **[National Child Traumatic Stress Network Wildfire Resources](#)**: Provides guidance on supporting children affected by wildfire-related trauma.
- **[California Association of School Psychologists](#)**: Resources for teachers and families to support children and youth following a wildfire.
- **[Children & Recovery from Wildfires](#)**: This guide discusses potential reactions and helpful responses according to kids' age groups.
- **[Helping Children After a Wildfire](#)**: Tips for caregivers and teachers from the National Association of School Psychologists.
- **[Parent Guidelines for Helping Children Impacted by Wildfires](#)** from the National Child Traumatic Stress Network.
- **[How to Talk to Your Children About the California Wildfires and Other Natural Disasters](#)** from Parents Magazine.
- **[Be Prepared to Communicate](#)**: Tip sheet from the UCLA Prevention Center of Excellence to support parents in speaking with their kids about difficult situations.
- **[Coping After a Natural Disaster](#)**: Resource for parents of babies and toddlers from the national non-profit organization Zero to Three.
- **[Coping with Trauma and Stress in the Face of Wildfires](#)**: Tips for Early Childhood Educators from the national nonprofit organization Zero to Three.
- **[LACOE – Compilation of Resources](#)**: Various wildfire-focused mental health and homeless education resources