

Supporting Students, Families, and School Communities After a Natural Disaster



Many Oregonians have experienced loss, displacement, or are supporting friends and family members due to recent wildfires and floods. These natural events come at a time when we are already working together to address the ongoing impacts of the COVID-19 pandemic.

If you or your family members are feeling stressed, anxious, or exhausted as a result of these experiences, **you are not alone**.

Resources are available to support you through these challenging times.

- **Call 2-1-1** to get connected with health and service organizations. They have bilingual staff and access to a 24/7 language interpreter service offering over 240 languages.
- [OHA Wildfire and Smoke Resources \(in multiple languages\)](#)
- [Parent Guidelines for Helping Children Impacted by Wildfires \(En Español\)](#)
- [Wildfires: Tips for Parents on Media Coverage \(En Español\)](#)
- [Simple Activities for Children During Evacuations or When Playing Outside is Restricted](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash](#)
- [Helping Children After a Wildfire: Tips for Parents and Teachers](#)

Resources for Educators

- [Helping Youth After Community Trauma: Tips for Educators](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Natural Disasters and Relocated Students With Special Needs](#)
- [U.S. Department of Education Crisis Planning Guide](#)

Psychological First Aid

- [Parent Tips for Helping Infants and Toddlers \(En Español\)](#)
- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)

Mobile Apps

- [Help Kids Cope](#)
- [PFA Mobile](#)

Disaster Helpline

- [SAMHSA Disaster Distress Helpline](#)