

LA WILDFIRE MENTAL HEALTH RESOURCES

Updated: 01.15.2025

BetterHelp

3 Months Free Online Therapy

<https://www.betterhelp.com/voucher/>

Voucher Code: la-fires-support

Bounce Back Now

Free emotional health app

English: <https://www.bouncebacknow.org/>

Español: <https://www.bouncebacknow.org/es/>

CalHOPE

Coping resources for all ages

<https://www.calhope.org/>

Warmline

833-317-4673 Connects callers with peer counselors

Pro Bono Therapists - Google Sheets

[Network # 1](#)

[Network # 2](#)

Center for the Study of Traumatic Stress at the Uniformed Services University

Sustaining the Psychological Well-Being of Caregivers [While Caring for Disaster Victims:](#)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Psychological_Wellbeing_of_Caregivers_While%20Caring%20for%20Disaster%20Victims.pdf

Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Safety,%20Recovery%20and%20Hope%20after%20Disaster%20Helping%20Communities%20and%20Families%20Recover.pdf

Leadership Communication: Anticipating and Responding to Stressful Events

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Leadership_Communication_Anticipating_Responding_to_Stressful_Events.pdf

EPA

Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash

<https://www.airnow.gov/sites/default/files/2021-07/pehsu-protecting-children-from-wildfire-smoke-and-ash-factsheet.pdf>

LA County DPH

List of Resources

<https://dmh.lacounty.gov/our-services/disaster-services/disaster-mh-resources/>

Listen Protect Connect – Psychological First Aid for Children and

Families https://www.ready.gov/sites/default/files/documents/files/LPC_Booklet.pdf

MPI Mental Health

Emotional Wellbeing Assistance Line: (866) 248-4094 Speak with reps 24/7 who can assist you, can also receive 5 free counseling sessions at no cost to you.

Supportive Services Intake Line

For those under 65: 323-634-3888. For those 65 or over: 323-634-3866 Provides both counseling services and financial assistance for industry members in need.

SAMHSA

Disaster Distress Helpline. Call or text 1-800-985-5990 (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

Behavioral Health Disaster Response App: <https://store.samhsa.gov/product/samhsa-disaster-mobile-app/pep13-dkapp-1>

Supporting Firefighter Families

This app is intended for use by spouses and family members of firefighters who are interested in learning how to support their firefighter and care for themselves and their family through difficult times.

<https://cffbh.org/App>

Teladoc

Free 24/7 telehealth for any non-emergency illnesses, including those who need help getting authorizations for non-narcotic medications.

<https://www.teladochealth.com/info/disaster-hotline>

Crisis Text Line

Text LA to 741741

Free 24/7 texting with volunteer crisis counselors