

Feeling overwhelmed by the rebuilding process? Struggling with feelings of grief or anxiety.

Our outreach team will meet you wherever you would like in the community, listen and connect you with recovery resources.

### What we do:

- Aid wildfire survivors in finding their own solutions to challenges they are facing.
- Help wildfire survivors regain a sense of mastery and control over their lives.
- Provide information about disaster related community resources.
- Help wildfire survivors understand their reactions to their situation.
- Teach wildfire survivors the skills to support themselves or their loved ones.
- Refer wildfire survivors to resources or professional services when needed.



**Services are FREE and anonymous**

California HOPE Shasta is funded by FEMA and managed by the Shasta County Health and Human Services Agency and Northern Valley Catholic Social Service.

## Wildfire Recovery Resources

Wildfire Recovery  
& Rebuilding Information  
[www.shastareddingrecovers.org](http://www.shastareddingrecovers.org)

Shasta 211 NorCal Resource Referral  
[211norcal.org/shasta](http://211norcal.org/shasta)  
or call 2-1-1

National Disaster Distress Helpline  
1 (800) 985-5990  
or Text TalkWithUs to 66746

National Suicide Prevention Hotline  
1 (800) 273-8255

Shasta County Mental Health  
(530) 225-5200  
Crisis Intervention (530) 225-5252

Hill Country CARE Center  
(530) 691-4446

Northern Valley Catholic Social Service  
(530) 241-0552

FEMA Helpline  
1 (800) 621-3362

**We don't have to be  
'Stronger than Carr'  
alone.**

[www.calhopeshasta.com](http://www.calhopeshasta.com)  
[calhopeshasta@nvcss.org](mailto:calhopeshasta@nvcss.org)  
(530) 638-5011

# California HOPE of Shasta



**Helping our  
community recover  
after the Carr Fire**

# Common reactions to a disaster

## Changes in behavior

- Irritability or short temper
- Difficulty sleeping
- Increase or decrease in energy
- Increase in substance/alcohol use
- Social isolation
- Change in normal patterns of daily activity

## Impaired thinking

- Trouble remembering, thinking clearly and concentrating
- Difficulty making decisions
- Difficulty talking about what happened or listening to others
- Intrusive thoughts about the fire
- Feeling disoriented

## Physical changes

- Feeling tired all the time
- Headaches or other physical pains
- Eating too much or too little
- Sweating or having chills
- Easily startled
- Muscle tension
- Stomach aches or diarrhea

## Emotional

- Feeling anxious and fearful
- Overcome with sadness
- Feeling guilty
- Disconnected, not caring about anything
- Loss of interest, numb, unable to feel either joy or sadness

# How to take care of yourself

## Healthy ways to deal with stress

- Limit your news consumption
- Try to get enough sleep
- Identify what helped you cope in the past
- Maintain or establish new routines
- Talk with others
- Exercise
- Eat healthy
- Relax with music and focused breathing
- Schedule activities you enjoy
- Keep a journal
- Accept that your reactions to the disaster are normal, but if intense symptoms linger seek the help of a professional

## What to avoid

- Violence and conflict
- Blaming others
- Excessive use of alcohol and drugs
- Withdrawal from family and friends
- Negative self-talk
- Engaging in risky behaviors



# Stay hopeful and resilient

The rebuilding process will take some time and the amount of decisions that need to be made can be overwhelming. Trust in your ability to be resilient.

- **Make connections** - Accept help and support from those who care about you.
- **Look ahead** - Find purpose in your healing and be of service to others.
- **Accept change** - Accept what cannot be changed helps you focus on what can be.
- **Move forward** - Find one thing you can do each day to work toward your goals.
- **Decisive action** - Take action rather than avoiding what you need to do.
- **Self-discovery** - Look for opportunities to learn about yourself.
- **Trust in you** - Nurture a positive view of yourself and your ability to solve problems.
- **Keep perspective** - Focus on the important things you have in your life.
- **Build hope** - Visualize what you want, rather than focusing on your fears.

**“Resilience: an ability to recover from or adjust easily to misfortune or change.”**