

If you have been affected by wildfires ...

In the weeks after a traumatic event, it is common to experience symptoms of acute stress. Sometimes these symptoms persist for a few days or up to a month.

Causes include:

Death, threat of death to oneself or others, threat of serious injury to oneself or others, threat to the physical integrity of oneself or others.

Who is at risk?

- Anyone exposed to a traumatic event (eg. wildfire, mass incident and herd death)
- Someone who has experienced, witnessed or been confronted with a traumatic event in the past
- Personal history of PTSD, acute stress disorder or other mental health concerns

Some symptoms include:

- Feeling numb, detached, or being emotionally unresponsive
- Reduced awareness of your surroundings or if your environment feels strange or unreal
- Feeling like you are reliving the event
- Having recurring images, thoughts, nightmares, illusions, or flashbacks
- Avoiding people, conversations, places, objects, activities that remind you of the event
- Trouble sleeping, being irritable, difficulty concentrating; being constantly tense or on guard



Need help?

- **THE HEALTHLINE |**
811
24 hours a day, seven days a week,
staffed by health professionals who can
provide good guidance and support.
- **FARM STRESS LINE |**
1-800-667-4442
24 hours a day, seven days a week,
providing confidential crisis telephone
counselling, support and referral
information to individuals, youth and
families living on the farm or in rural
areas.
- **HEARTLAND HEALTH REGION |**
1-866-268-9139
Centralized intake providing support
and referral to individuals needing to
access local mental health services.
- **CYPRESS HEALTH REGION |**
1-306-778-5280
Centralized intake providing support
and referral to individuals needing to
access local mental health services.
- **VETERINARY SOCIAL WORK, WCVM |**
1-306-966-2852
Providing information and referral
support to individuals needing mental
health support.

❏ If you are worried about someone ...

Opening statements to offer support

- **CONNECT**
“This situation has been just (awful, horrible, shocking, terrifying)”
- **EMPATHIZE**
“It makes sense you’re feeling the way you are, given everything that has happened”
- **ELICIT**
“What changes have you noticed about yourself since this has happened?”
- **REFLECT**
“Sounds like you’re not sure how to manage all of this”
- **NORMALIZE**
“Seems to me that just about anybody who’s had to go through this might need a hand”
- **OFFER**
“How about I leave you a list of people you could contact if you needed someone to talk to, just in case you ever wanted it?”

Need help?

- **THE HEALTHLINE |**
811
24 hours a day, seven days a week,
staffed by health professionals who can
provide good guidance and support.
- **FARM STRESS LINE |**
1-800-667-4442
24 hours a day, seven days a week,
providing confidential crisis telephone
counselling, support and referral
information to individuals, youth and
families living on the farm or in rural
areas.
- **HEARTLAND HEALTH REGION |**
1-866-268-9139
Centralized intake providing support
and referral to individuals needing to
access local mental health services.
- **CYPRESS HEALTH REGION |**
1-306-778-5280
Centralized intake providing support
and referral to individuals needing to
access local mental health services.
- **VETERINARY SOCIAL WORK, WCVM |**
1-306-966-2852
Providing information and referral
support to individuals needing mental
health support.



UNIVERSITY OF SASKATCHEWAN

Western College of
Veterinary Medicine

USASK.CA/WCVM