

# ■ 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?”

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