

NOT SURE WHERE TO START?	2-1-1	For information about resources dial 211 or call 1-800-339-9597 or visit www.211ventura.org . Text "ThomasFire" to 898-211 for up-to-date fire information.
	Ventura County Recovers	Official recovery information for Ventura County fires: www.venturacountyrecovers.org
	Thomas Fire Help	Continuously updated community-based list of resources: www.thomasfirehelp.com
	Ready. Ventura County	For regularly updated incident information call the public information line at (805) 465-6650 or visit www.readyventuracounty.org

BEHAVIORAL HEALTH	Crisis Helpline	In emotional distress? The Ventura County Crisis Team is available 24 hours a day, 7 days a week. Help is available in English, Spanish, and other languages. Call 1-866-998-2243.
	Ways to Cope	After a disaster, coping with stress and trauma is important. There are many things you can do to help care for yourself or a loved one. See www.wellnesseveryday.org
	Helping Children	Caring for Children in a Disaster – CDC website: www.cdc.gov/childrenindisasters See more resources at www.wellnesseveryday.org
	Alcohol & Drugs	Stay alert – don't overdo alcohol or use other drugs as a way to cope with stress. Learn more about the risks at www.venturacountylimits.org

MORE RESOURCES	National Disaster Distress Helpline	For anyone experiencing emotional distress related to disasters such as wildfires. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Available 24/7.
	After the Fire: Tip Sheet	After the Fire: Your Emotional and Physical Well-Being – Common reactions to stress, and how to cope and stay healthy. www.cdc.gov/disasters/wildfires/pdf/afterfire.pdf
	Taking Care of Your Emotional Health	After a disaster – fact sheet from the American Red Cross: www.redcross.org/images/MEDIA_CustomProductCatalog/m4240142_EmoionalHealth.pdf