



Wildfire Mental Health Collaborative

To access supportive services call: 866.960.6264

The Wildfire Mental Health Collaborative (The Collaborative) is a community-wide initiative committed to mental health recovery care for wildfire survivors.

Everyone affected by the fires can learn to recognize the signs of distress and access mental health services to aid short- and long-term coping and healing.

The Collaborative currently provides:

To mental health professionals:

1. Skills for Psychological Recovery (SPR) training for Mental Health Professionals

To fire survivors:

2. Free group outreach sessions conducted by SPR mental health professionals
3. Free yoga and meditation classes
4. Free individual counseling
5. Free self-guided resilience training
6. **mysonomastrong.com: A wildfire mental health recovery website**

Contact NAMI Sonoma County

Sonoma County residents looking for wildfire mental health support services and referrals (such as individual or group counseling, trauma-informed yoga, iRest meditation groups, or other support services) may:

Call or text NAMI: 866.960.6264

Email NAMI: warmline@namisoco.org

NAMI Online Chat:

Go to namisonomacounty.org then click on "WARMLINE: CHAT NOW" in the upper right corner

Visit mysonomastrong.com

To assess your needs and to access helpful information in the privacy of your home, check out mysonomastrong.com.

For more information or to make a donation

please contact mentalhealth@healthcarefoundation.net or 707.473.0583.



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