

EMERGENCY RESOURCES

Wildfire Updates

AirNow Air Quality Monitoring

<https://www.airnow.gov/>

Cal FIRE Updates

<https://www.fire.ca.gov/>

City of LA Emergency Alerts

Register for emergency alerts at

<https://emergency.lacity.gov/alerts/notifyla>

LA County Emergency Alerts

Sign up for real-time updates at

<https://ready.lacounty.gov/emergency-notifications/>

LADWP Outages

<https://www.ladwp.com/outages/power-outage-map>

SoCal Edison Outages

<https://www.sce.com/outage-center/check-outage-status>

SoCal Gas Shut Offs

<https://www.socalgas.com/fires>

Watch Duty Wildfire App

Real-time updates on wildfire status, including air drops

<https://watchduty.org>

Housing/Shelter

Local 80

Local 80 has opened their stage at 2520 West Olive Ave., Burbank, CA 91505 as a relief shelter. If you are affected by local fires, call 818-526-1700 for information.

211LA

Fill out a form to be notified of available temporary housing through AirBNB:

<https://care.211cs.org/public-survey/86c5adf88e2a29c103df24ba5f48cd3f6cf9a9171207a15954dbb8b9649429f0>

American Red Cross

Find open shelters by visiting <https://www.redcross.org/> or calling 1-800-RED-CROSS.

LA County Animal Care and Control

Offering shelter and resources for displaced pets and livestock

Call 661-940-4191

MALAN- Mutual Aid LA Network Resources (Human and Animal Shelters)

https://docs.google.com/spreadsheets/d/1KMk34XY5dsvVJjAoD2mQUVHYU_Ib6COz6jcGH5uJWDY/htmlview?gid=0#gid=0

Health/Mental Health

Bounce Back Now

Free emotional health app

<https://www.bouncebacknow.org/>

(En Español)

<https://www.bouncebacknow.org/es/>

CalHOPE

Coping resources for all ages

<https://www.calhope.org/>

Warmline

833-317-4673 Connects callers with peer counselors

Center for the Study of Traumatic Stress at the Uniformed Services University

Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Psychological_Wellbeing_of_Caregivers_While%20Caring%20%20for%20Disaster%20Victims.pdf

Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Safety,%20Recovery%20and%20Hope%20after%20Disaster%20Helping%20Communities%20and%20Families%20Recover.pdf

Leadership Communication: Anticipating and Responding to Stressful Events

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Leadership_Communication_Anticipating_Responding_to_Stressful_Events.pdf

EPA

Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash

<https://www.airnow.gov/sites/default/files/2021-07/pehsu-protecting-children-from-wildfire-smoke-and-ash-factsheet.pdf>

LA County DPH

List of resources

<https://dmh.lacounty.gov/our-services/disaster-services/disaster-mh-resources/>

Listen Protect Connect - Psychological First Aid for Children and Families

https://www.ready.gov/sites/default/files/documents/files/LPC_Booklet.pdf

MPI Mental Health

Emotional Wellbeing Assistance Line

(866) 248-4094 Speak with reps 24/7 who can assist you, can also receive 5 free counseling sessions at no cost to you.

Supportive Services Intake Line

For those under 65: 323-634-3888. For those 65 or over: 323-634-3866 Provides both counseling services and financial assistance for industry members in need.

National Child Traumatic Stress Network

Parent Guidelines for Helping Children Impacted by Wildfires

<https://www.nctsn.org/resources/parent-guidelines-helping-children-impacted-wildfires>

(En Español)

<https://www.nctsn.org/resources/guia-para-padres-con-hijos-que-han-sido-afectados-por-incendios>

Wildfires: Tips for Parents on Media Coverage

<https://www.nctsn.org/resources/wildfires-tips-parents-media-coverage>

(En Español)

<https://www.nctsn.org/resources/los-incendios-y-su-cobertura-en-las-noticias-recomendaciones-para-los-padres>

Simple Activities for Children and Adolescents

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

Trinka and Sam: The Big Fire

e-book for young children

<https://www.nctsn.org/resources/trinka-and-sam-big-fire>

(En Español)

<https://www.nctsn.org/resources/trinka-y-juan-el-gran-fuego-spanish>

Helping Youth After a Community Trauma: Tips for Educators

<https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators>

(En Español)

<https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators-sp>

Talking to Children: When Scary Things Happen

<https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen>

(En Español)

<https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen-sp>

Creating Supportive Environments: When Scary Things Happen

<https://www.nctsn.org/resources/creating-supportive-environments-when-scary-things-happen>

(En Español)

<https://www.nctsn.org/resources/creating-supportive-environments-when-scary-things-happen-sp>

After a Crisis: Helping Young Children Heal

<https://www.nctsn.org/resources/after-crisis-helping-young-children-heal>

(En Español)

<https://www.nctsn.org/resources/after-crisis-helping-young-children-heal-sp>

Age-Related Reactions to a Traumatic Event

<https://www.nctsn.org/resources/age-related-reactions-traumatic-event>

(En Español)

<https://www.nctsn.org/resources/age-related-reactions-traumatic-event-sp>

Helping Teens with Traumatic Grief: Tips for Caregivers

<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>

(En Español)

<https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping-teens-with-traumatic-grief-for-caregivers-sp.pdf>

Helping School-Age Children with Traumatic Grief: Tips for Caregivers

<https://www.nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers>

(En Español)

<https://www.nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers-sp>

Helping Young Children with Traumatic Grief: Tips for Caregivers

<https://www.nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers>

(En Español)

<https://www.nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers-sp>

Once I Was Very Very Scared

children's book for young children

<https://piploproductions.com/stories/once/>

(En Español)

<https://piploproductions.com/nuestros-cuentos/una-vez/>

Psychological First Aid (PFA)

PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events

<https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

(En Español)

<https://www.nctsn.org/resources/primeros-auxilios-psicologicos-guia-de-operaciones-practicas-2da-edicion>

PFA Wallet Card

Provides a quick reminder of the core actions

<https://www.nctsn.org/resources/psychological-first-aid-pfa-wallet-card>

(En Español)

<https://www.nctsn.org/resources/psychological-first-aid-pfa-wallet-card-sp>

PFA online training course

<https://www.nctsn.org/resources/psychological-first-aid-pfa-online>

(En Español)

<https://www.nctsn.org/resources/pfa-online-sp>

Parent Tips for Helping Infants and Toddlers

<https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters>

(En Español)

<https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-bebes-y-ninos-pequenos>

Parent Tips for Helping Preschoolers

<https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters>

(En Español)

<https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-preescolar>

Parent Tips for Helping School-Age Children

<https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters>

(En Español)

<https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-escolar>

Parent Tips for Helping Adolescents

<https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents>

(En Español)

<https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-adolescentes>

Tips for Adults

<https://www.nctsn.org/resources/pfa-tips-adults>

(En Español)

<https://www.nctsn.org/resources/pfa-consejos-para-adultos>

Skills for Psychological Recovery (SPR)

For community and mental health providers who plan to continue working with affected communities long-term

<https://www.nctsn.org/resources/skills-for-psychological-recovery>

(En Español)

<https://www.nctsn.org/resources/skills-for-psychological-recovery-sp>

SPR Online course

<https://www.nctsn.org/resources/skills-psychological-recovery-spr-online>

Help Kids Cope

<https://apps.apple.com/us/app/help-kids-cope/id1069028637>

<https://play.google.com/store/apps/details?id=nctsn.helpkidscope&pli=1>

PFA Mobile

<https://apps.apple.com/us/app/pfa-mobile/id551079424?ls=1>

<https://play.google.com/store/apps/details?id=org.nctsn.pfa.mobile>

Preparing Children After a Wildfire Damages Your Community

<https://www.nctsn.org/resources/preparing-children-after-a-wildfire-damages-your-community>

SAMHSA

Disaster Distress Helpline

Call or text 1-800-985-5990 (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

Behavioral Health Disaster Response App

<https://store.samhsa.gov/product/samhsa-disaster-mobile-app/pep13-dkapp-1>

Supporting Firefighter Families

This app is intended for use by spouses and family members of firefighters who are interested in learning how to support their firefighter and care for themselves and their family through difficult times.

<https://cffbh.org/App>

Teladoc

Free 24/7 telehealth for any non-emergency illnesses, including those who need help getting authorizations for non-narcotic medications.

<https://www.teladochealth.com/info/disaster-hotline>

Financial Assistance

California Department of Insurance

Insurance Support Workshop

10 AM – 5 PM Saturday January 18, 2025

10 AM – 1 PM Sunday January 19, 2025

Santa Monica College

Performing Arts Center East Wing

1310 11th Street

Santa Monica, CA 90401

Call (800) 927-4357 to schedule an appointment

Entertainment Community Fund

<https://entertainmentcommunity.org/CAFires>

Offers financial assistance for disaster relief

<https://entertainmentcommunity.org/am-i-eligible-help>

Federal Disaster Assistance Resources (FEMA)

<https://www.disasterassistance.gov/> or 1800-621-3362

IATSE Walsh/Di Tolla/Spivak Foundation Disaster Relief

<https://iatse.net/take-action/disasterresponse/>

LA Fed Labor Community Services

Can assist with first and last-month rental assistance and help find permanent, long-term housing (cannot assist with deposits). Can also assist with rental, mortgage, or utility assistance.

Fill out intake form

<https://docs.google.com/forms/d/e/1FAIpQLSfToMjzqeTqF7GVEpPGFfyGUfWzoZNk3B1le7Zit820Bs2Xcw/viewform> or email Marcos Juan marcos@lcs-la.org

MPTF

Offers financial assistance for disaster relief, fire-related intake calls will be prioritized.

Call the MPTF intake line at (323) 634-3888, an MPTF social worker will return calls within 24 hours.

Union Plus

Offers financial assistance grants for disaster-relief to its members.

www.unionplus.org

Other Emergency Resources

The Abbey West Hollywood

Offering free meals to evacuees and first responders

AT&T

Unlimited talk, text and data through Feb. 6

Babyletto

Offering free replacement cribs. Families in need can claim this offer by contacting the brand directly at info@babyletto.com

Be U Vietnamese Restaurant

Free meals for fire evacuees and first responders
557 N Hoover St, Los Angeles, CA 90004

Cal-FIRE Evacuation Guide

<https://readyforwildfire.org/prepare-for-wildfire/go-evacuation-guide/>

Calico Fish House

Offering to feed evacuees and let them camp out in the restaurant's parking lot
16600 Pacific Coast Hwy, Huntington Beach, CA 92649

City of LA

Resource Guide

https://mayor.lacity.gov/news/city-los-angeles-announces-preparedness-measures-ahead-anticipated-dangerous-windstorm?fbclid=IwZXh0bgNhZW0CMTAAR3SI3bZ3ygLZrd9dq9NEGTYR-Donr69c2CY1e-7QlMiLsgn_37oG8wMdPc_aem_XUO0yhZhB3q84c-ekDOasA

Resources for seniors

<https://lacity.gov/residents/community-assistance/senior-services>

Everytable

Providing free meals to first responders until Jan. 12.

Fatburger

Via its food truck, the “Fatmobile,” will be serving up 10,000 meals at first responder sites and shelters

GoodRx

Offering free telehealth visits for Angelenos in need

LA County Resource Guide

<https://lacounty.gov/emergency/>

Lyft

Free rides for evacuees
Code “CAFIRERELIEF25”

Mountain Mike’s Pizza

Pasadena 4location will be offering free meals and a place to rest to first responders.

Pie Free Pizza

Free pizza for evacuees and people in need.
Call (626) 541-0051to coordinate

Planet Fitness

Free access to showers, electrical outlets and wi-fi (locations throughout LA County).
Access available 24/7 regardless of membership status.

The Queen Mary Hotel

Offering rooms for fire evacuees at \$189. The reservation includes a voucher for a breakfast buffet for two people. Pet and Historical Preservation fees have also been waived.

Shake Shack

Offering evacuees free Shackburgers at any location across the county. The deal will be valid until Sunday.

Sizzler

Locations in Van Nuys, Los Feliz, Palmdale and Fox Hills are offering free meals to first responders and evacuees

UBER

Free rides for evacuees
Code “WILDFIRE25”

UFC Gym

offering residents, first responders and others affected by the wildfires free access to locker rooms, showers, recovery services, electrical outlets, Wi-Fi and more until the end of January.

U-Haul

Opening its facilities across Southern California for 30 days of free self-storage to victims. The U-Box container disaster relief program is also available to assist evacuees and affected families.

Verizon

Free call, text and data

Free wifi and charging stations in shelters

World Central Kitchen

Relief team in near Eaton Fire to feed first responders and families.

YMCA LA

Offering free showers and access at all their locations

RECOVERY RESOURCES

California Department of Insurance Wildfire Resources & Recommendations

<https://www.insurance.ca.gov/01-consumers/140-catastrophes/WildfireResources.cfm>

LA County

Safe Clean-Up After Fire

<http://publichealth.lacounty.gov/media/wildfire/>

LA County Assessor Disaster Relief

<https://assessor.lacounty.gov/tax-relief/disaster-relief>

Red Cross Disaster Action Team

Disaster Action Team volunteers travel to the disaster site, assess the scope of the disaster, and if necessary, work with the victims to identify and meet the immediate needs of the displaced residents. A well-stocked Red Cross response vehicle contains blankets, water, snacks and toiletry kits for the comfort of the clients. Diapers, formula, and plush toys are also available for infants and children.

Call 800-675-5799, the hotline is staffed 24 hours a day, 7 days a week.

United Policyholders

Non-profit organization that assists individuals with navigating their insurance policies and filing claims

<https://uphelp.org/disaster-recovery-help/2025cawildfires/>