

Well-being Support for Those Affected by the Wildfires



Whether you were directly impacted, supported others, or are still feeling the emotional toll of the wildfires, Didi Hirsch offers free, compassionate mental health support to help you recover and move forward.

We provide services to:

- Individuals and families affected by the fires
- Teachers, caregivers, first responders, and service providers supporting survivors
- Anyone struggling with trauma, anxiety, or stress related to the wildfires

Services include:



Trauma-informed therapy: Receive up to **six free therapy sessions** with a licensed clinician. Services are available for children, teens, and adults impacted by the Wildfires. Our team is trained to help you process trauma, manage stress, and build coping skills.



Support groups: Customized support and drop-in groups for local communities and partner organizations affected by the fires. Groups are designed to help participants process their experience and feel supported by others facing similar challenges.



Events and wellness workshops: We offer wellness events that brings survivors together, in person, and also host online workshops focused on emotional wellbeing.



Community partnerships: We collaborate with other agencies to offer training, resources, and support for those responding to wildfire recovery efforts.

These services are made possible by our generous partners:



American Red Cross



California
COMMUNITY
Foundation



THE
RALPH M. PARSONS
FOUNDATION



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COMMUNITY
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Health Center
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About Didi Hirsch

For more than 80 years, Didi Hirsch has been a leading provider of mental health, substance use, and suicide prevention services and home to the first and most comprehensive suicide prevention center.

[DidiHirsch.org](https://www.DidiHirsch.org)

