

Updated: May 5, 2016

## Wildfire Health and Wellness Resources

You are not alone.

There are resources and services available to help you and your loved ones cope with health care needs and stress in the aftermath of fires.

There are a number of resources available; health care, mental health resources, important contacts, staff updates and emergency preparedness tips. Visit our website [ahs.ca/wildfire](http://ahs.ca/wildfire) for comprehensive information.

Remember, it is okay to ask for help. Everyone deals with stress differently and a traumatic event can have a big impact.

**If you're in the Wood Buffalo area and need immediate assistance, phone 911. If you're not in immediate danger, you can contact the Wood Buffalo RCMP at 780-788-4000.**

### Evacuation Centre Resources

For the latest information on evacuation centre locations visit [alberta.ca/emergency.cfm](http://alberta.ca/emergency.cfm)

AHS is working to get the appropriate level of health care to each evacuation centre, including mental health supports, home care supports, EMS care and pharmacy services.

AHS has health care teams at the reception centres in St. Paul, the Suncor Firebag Village, Lac La Biche, Edmonton Northlands and SAIT in Calgary.

### Mental Health Resources

AHS Mental Health is present at Lac La Biche, Suncor Firebag Village and St. Paul in the North Zone, Northlands Expo Centre in Edmonton and will soon be at SAIT in Calgary.

Experiencing a disaster such as the Fort McMurray fires can be incredibly stressful and overwhelming. If you need to talk, call the **Mental Health Help Line at 1-877-303-2642** or **Health Link at 811**.

- [Helping Your Child or Teen Prepare Emotionally For Disasters or Emergencies](#)
- [Helping Your Child or Teen Respond to a Disaster or Emergency](#)
- [Helping Children and Teens Recover from a Disaster or Traumatic Events](#)
- [Preparing Emotionally for Disasters or Emergencies](#)
- [Psychological First Aid After a Disaster](#)
- [Responding to a Disaster or Emergency](#)



- [Recovery after a Disaster or Emergency](#)
- [Skills for Psychological Recovery After a Disaster](#)
- [Skills for Psychological Recovery for Health Professionals](#)
- Additional resources - [www.albertahealthservices.ca/amh](http://www.albertahealthservices.ca/amh)

## Filling Prescriptions

Evacuees who **have personal identification and a means to pay** can visit any community pharmacy and have their prescriptions looked up online through Netcare.

Evacuees **without personal identification** should visit an evacuation centre. Medical staff or pharmacists will assess patients and either administer necessary drugs or provide a bridging prescription, with directions to community pharmacies that can assist them.

## Important Contacts:

Health Link (Health advice from a registered nurse and where to find health care)  
**811**

Poison & Drug Information Service  
**1-800-332-1414**

Mental Health Helpline (Mental health advice, crisis intervention, information and referrals)  
**1-877-303-2642**

Alberta Government Emergency Updates  
**<http://www.alberta.ca/emergency.cfm>**

Alberta Supports Contact Centre (Helping you find and apply for family and social supports).  
**1-866-644-5135**

Highway Conditions and Closures  
**511**

Red Cross (Evacuees and family members looking for evacuees)  
**1-888-350-6070**  
**[www.redcross.ca](http://www.redcross.ca)**

Alberta Emergency Alerts  
**<http://emergencyalert.alberta.ca/>**