

Recovering After A Wildfire

Common Reactions

- Brain fog
- Fatigue
- Impaired decision making
- Headaches
- Muscle tension/soreness
- Irritability
- Anxiety
- Insomnia/sleeplessness
- Depression
- Mood swings
- Difficulty focusing
- Nausea
- Digestion troubles
- Chest tightness
- Hypervigilance
- Excessive alcohol/substance use

More serious responses can include severe depression, suicidal ideation, and substance use. In a serious or life threatening situation, reach out for help.

24/7 Statewide Crisis Line: (844) 493-8255 or Text TALK to 38255

Timeline for Community Recovery



Marshall Fire Support

Here's how to get in touch:

Email: CommunityOutreach@mhpcolorado.org

Warm Line: (303) 545-0852



: @mentalhealthpartnersoutreach

SCAN ME



Colorado
Spirit

Resilience Planning

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Body Hacks

4-7-8 Breathing

1. Breathe in for 4 seconds
2. Hold for 7 seconds
3. Exhale for 8 seconds

Name some favorites

1. What's your favorite childhood movie?
2. What's your favorite ice cream flavor?
3. What's your favorite candle scent?

