



**San Fernando Valley Community
Mental Health Center, Inc.**
MovingLivesForward

In light of the devastating fires currently affecting parts of Los Angeles, San Fernando Valley Community Mental Health Center wants to take a moment to express our deep concern for the wellbeing of everyone in our community. We understand that this situation is incredibly challenging, and many of you may be directly impacted or worried about loved ones. Please know that our thoughts are with all of you during this difficult time.

It's our top priority as a behavioral health center to ensure that our staff and clients are well and safe, and that any immediate needs are being met. As an organization that is also "trauma-informed," we are increasing our capacity to help staff and clients deal with any emotional trauma. Further, we are reaching out to our community partners in the areas most affected by the fires in Altadena and Pacific Palisades to assist them in dealing with overwhelming needs during this unprecedented time.

We are concerned about your safety as well. If you are affected by the fires, please prioritize your health and security above all else. We have gathered information to help you with mental health support or other resources during this time. Please reach out to our Center if you need help. We are here to support you in any way we can.

We have set up an emergency fund to provide support for our staff who have been impacted by the fires. If you would like to support this effort, you can contribute [HERE](#) and all of your donated funds will go directly for this purpose.

Take care of yourselves and each other.

Resources:

Disaster Distress Helpline (DDH) is the nation's only hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 (call or text 1-800-985-5990)

[Resources for Those Impacted by the LA Wildfires](#)

[Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)

[Coping Tips for Traumatic Events and Disasters | SAMHSA](#)

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