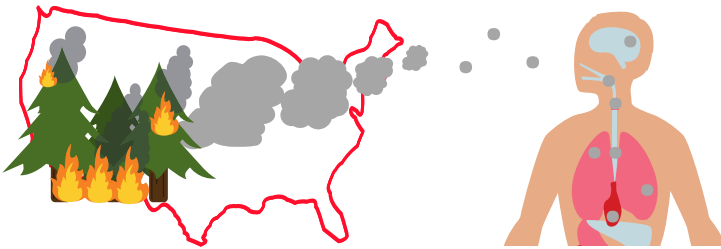


# WILDFIRES

## & Our Mental Health

### What is wildfire smoke?

Wildfire smoke contains a mix of air pollutants like  $PM_{2.5}$  and ozone. It can travel thousands of miles.



- The air pollutants enter the lungs and can directly affect organs like the lungs, heart, and brain.
- The experience of a wildfire can be traumatic and also have long-term effects on mental health.

### How do wildfires affect our mental health?

- 🔥 Increase rates of depression and suicidal thinking for over a year afterwards
- 🔥 Lead to post-traumatic stress disorder (PTSD) in over 10% of people
- 🔥 May increase severity of existing anxiety, especially in adolescents
- 🔥 Contribute to feelings of "ecological grief," or mourning the loss of nature

Want to learn  
more?



UC Wildfire  
Education Hub



UCSF coping  
strategies

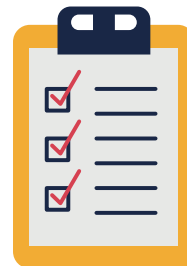
### How can we stay safe?



Talk with your doctor or therapist about how you feel. Ask for resources.



Reach out to family, friends, and your community for support.



readyforwildfire.org

Create an emergency preparedness plan.



Take action, for example by donating or volunteering.