

Teller County Chateau Fire Support



Do you need someone to talk to following the recent fire in Teller County?

We are here to help.

(719) 357-4880

A counselor will be on-site Wed. July 11 - Fri. July 13, from 9 a.m. to 4 p.m.
18401 Highway 24, Suite 119 • Woodland Park, CO

To access support after July 13, please call (719) 572-6100
and identify yourself as a Chateau Fire community member.

- Emotional and behavioral support
- Assistance with locating community resources

Common Responses to a Traumatic Event

After a traumatic event, you may have a wide range of normal responses.

EMOTIONAL REACTIONS

- shock and disbelief
- fear and/or anxiety
- grief, disorientation, denial
- overly cautious, need to control
- irritability, restlessness, outbursts of anger or rage
- emotional swings
- nightmares
- increased need to control everyday experiences
- tendency to isolate oneself or feelings of detachment
- difficulty trusting and/or feelings of betrayal
- difficulty concentrating or remembering
- feelings of self-blame and/or survivor guilt or shame

- diminished interest in everyday activities or depression
- anger towards religion or belief system; loss of beliefs

PHYSICAL REACTIONS

- aches and pains like headaches, backaches, stomach aches
- sudden sweating and/or heart palpitations (fluttering)
- changes in sleep patterns and appetite
- easily startled by noises or unexpected touch
- more susceptible to colds and illnesses
- increased use of alcohol or drugs and/or overeating

**Please note this is not a complete list of all common responses.*

Helpful Coping Strategies

- mobilize a support system – reach out and connect with others, especially those who may have shared the stressful event
- talk about the traumatic experience with empathic listeners
- prayer and/or meditation
- maintain balanced diet and sleep cycle as much as possible, exercise and relax
- avoid over-using stimulants like caffeine, sugar, or nicotine

