

# HAUSE Family Fire Recovery Guide

A complete family conversation guide, practical planning pages and verified Canadian support links

Edition: October 6, 2026. Keep this record with current written instructions and source links.

## Start where your family is

This guide combines the full corrected emotional-support article with practical pages for your family's own needs. It does not diagnose trauma, prescribe treatment or impose a recovery timeline. Choose the prompts that help; people can decline to answer.

For immediate danger or urgent medical support, call 911. If you or someone else is thinking about suicide in Canada, call or text 9-8-8. Use the verified links in this guide to find current services and eligibility. HAUSE does not provide clinical care.

[ ] Confirm where everyone is staying and a safe way to contact them.

[ ] Ask about medicine, mobility, sensory, language, cultural and communication needs.

[ ] Choose a trusted helper for practical arrangements.

[ ] Identify how each person can ask for help or a break.

Household / preferred contacts

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Safe accommodation / transport

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Important medicine or accessibility arrangements

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Trusted helper and preferred way to ask for help

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## A gentle family check-in

Try a short conversation at a time that works for the family. Use plain, age-appropriate language and say when something is unknown. Listen without requiring anyone to tell the story again. The worksheet records preferences; it does not score distress.

- [ ] Ask: What feels hardest today?
- [ ] Ask: What would help you feel supported?
- [ ] Ask: Is there a practical task you want help with?
- [ ] Ask: Who would you like to talk to, and how?
- [ ] Agree what information may be shared with helpers or school.

**Family preferences**

| Person / preferred name | What would help | Who may help / contact preference | Next check-in |
|-------------------------|-----------------|-----------------------------------|---------------|
|                         |                 |                                   |               |
|                         |                 |                                   |               |
|                         |                 |                                   |               |
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**Children, teenagers and caregivers**

The retained age bands in the full article are examples for conversation, not diagnostic rules. Ask a qualified child-health or support professional about the child’s actual concerns. Coordinate with school or childcare as needed, and respect a young person’s privacy and preferences.

- [ ] Explain known next steps simply and acknowledge changes in routine.
- [ ] Offer a choice of talking, drawing, play or quiet time.
- [ ] Ask what school, friendships or activities they want help reconnecting with.
- [ ] Record concerns to discuss with a qualified professional rather than making a diagnosis.
- [ ] If a child expresses a wish not to live, seek urgent help; do not wait for a checklist date.

School / caregiver contact and consent

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Questions for child-health or support professional

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Comfort item / activity / safe routine

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Agreed follow-up contact

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## A manageable day

Choose a small plan that fits current accommodation and energy. It can change. Practical choices are not a treatment plan or a test of how well anyone is recovering.

### Today's arrangements

| Need or activity | Chosen arrangement | Who can help | Time / next check |
|------------------|--------------------|--------------|-------------------|
|                  |                    |              |                   |
|                  |                    |              |                   |
|                  |                    |              |                   |
|                  |                    |              |                   |
|                  |                    |              |                   |
|                  |                    |              |                   |

### Tasks that can be shared

| Task | Person who agreed | What they need | When to check back |
|------|-------------------|----------------|--------------------|
|      |                   |                |                    |
|      |                   |                |                    |
|      |                   |                |                    |
|      |                   |                |                    |
|      |                   |                |                    |

### Memories and losses

Loss can involve belongings, photographs, familiar spaces and community ties. People may want different ways to remember or rebuild. Do not enter unsafe areas or handle damaged items for this exercise. Ask a contents specialist about any physical item you hope to recover.

- [ ] List memories you would like to preserve or ask others to share.
- [ ] Choose whether to make a new photo, story or keepsake collection.
- [ ] Record a sentimental item question for the appropriate assessor.
- [ ] Allow space to postpone a decision.

Memory or tradition we want to preserve

People who may have photographs or stories

Item / evidence / question for assessor

A decision we want to leave for later

## Choosing support

Use the official directory below and your primary care provider to explore options. A directory entry is not a guarantee of appointment, suitability or eligibility. Confirm the actual service, qualifications, cost, languages, accessibility, location or virtual arrangements and privacy practices.

[ ] Ask what support is available for the person's age and circumstances.

[ ] Ask about waiting time, referral requirements and costs.

[ ] Ask how family members may participate and what confidentiality means.

[ ] Record the next step and who agreed to help arrange it.

## Support enquiry record

| Service / verified website | Question / preference | Answer / contact date | Agreed next step |
|----------------------------|-----------------------|-----------------------|------------------|
|                            |                       |                       |                  |
|                            |                       |                       |                  |
|                            |                       |                       |                  |
|                            |                       |                       |                  |
|                            |                       |                       |                  |

## Verified Canadian support links

Canada.ca provides national, provincial and territorial mental-health resources. 9-8-8 is a suicide-crisis support service; it is not an appointment-booking directory. Its official page points people seeking therapists or other local services to 211 or their primary care provider.

Official directory:

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

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Suicide-crisis information: <https://988.ca/get-help/what-to-expect>

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Community-service search: <https://211.ca/>

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## Keep the family record useful

Choose what to keep private and where the family can find the record. Do not put sensitive health details into a property quote or general enquiry unless the person wants to share them. The full corrected emotional-support article begins on the next page.

☐ Save the current contact list and preferred communication methods.

☐ Choose one next family check-in rather than a fixed recovery deadline.

☐ Update arrangements and support links when needs change.

Next family check-in

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What we want to keep private

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Person maintaining the shared practical plan

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## Full website article

Source: <https://firerestoration.ca/emotional-support>

### You're Not Alone in This

After a fire, practical and emotional support needs may differ. These chapters organize questions and verified external resources; HAUSE does not provide clinical treatment or a recovery schedule.

#### If You're in Crisis - Get Help Now

##### 9-8-8: Suicide Crisis Helpline (Canada)

988

24/7

-

Suicide-crisis support by phone or text

##### Canadian suicide-crisis support by phone or text

Call or text 9-8-8 in Canada

24/7

-

Text-based crisis support

##### Kids Help Phone

1-800-668-6868

24/7

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Support for children and teens

##### Canadian Red Cross

For personal-disaster assistance, use the current regional contact at [redcross.ca/about-us/contact-us](https://redcross.ca/about-us/contact-us)

24/7

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Ask the Canadian Red Cross about current disaster assistance; this is not a clinical crisis line

## **Types of Support Available**

### **Individual Counseling**

Questions about counselling support after a fire

Questions for qualified mental-health support services

Grief counselors

Anxiety management therapy

Insurance advocacy counseling

### **Family Support**

Family-support topics to discuss with a qualified service

Family therapy sessions

Couple relationship support

Sibling support groups

Extended family counseling

### **Children & Teen Support**

Age-appropriate trauma recovery for young people

Play therapy for children

Teen support groups

School liaison support

Art and music therapy

### **Community Resources**

Local support networks and community programs

Fire survivor meetups

Neighborhood support groups

Faith-based counseling

Volunteer support networks

## **Children After a House Fire: Support Questions and Resources**

The retained age bands organize communication examples, not diagnoses or predictions. Ask a caregiver or qualified child-health professional about the child's actual concerns and suitable support.

## **Ages 3-6**

### **Observations to Discuss-Not Diagnoses:**

Regression in bathroom habits

Increased clinginess

Nightmares or sleep issues

Repetitive play about fire

### **Optional Support Ideas to Discuss:**

Maintain routines

Use simple, honest language

Provide extra comfort items

Choose age-appropriate fire-safety resources with a trusted caregiver

## **Ages 7-12**

### **Observations to Discuss-Not Diagnoses:**

Difficulty concentrating

Withdrawal from friends

Physical complaints

Excessive worry about safety

### **Optional Support Ideas to Discuss:**

Encourage expression through art

Involve in age-appropriate planning

Maintain school communication

Ask a qualified child-support professional about strategies suited to the child's needs

## **Ages 13-18**

### **Observations to Discuss-Not Diagnoses:**

Mood swings or depression

Risk-taking behaviors

Academic performance drop

Social isolation

## **Optional Support Ideas to Discuss:**

Respect their need for independence

Provide honest information

Support peer connections

Consider professional counseling

## **Choosing Appropriate Professional Support**

If a child expresses a wish not to live, seek urgent help immediately; do not wait weeks. For other concerns, ask a qualified health professional about appropriate support and timing.

- Persistent nightmares or sleep disturbances
- Extreme withdrawal or aggression
- Regression in developmental milestones
- Difficulty functioning at school or with peers
- Expressions of not wanting to live: seek urgent help immediately; in Canada call/text 9-8-8, or 911 for immediate danger

## **Coping with Loss of Sentimental Items**

After a fire, loss of photographs, heirlooms and familiar belongings can raise different feelings. Record the support you want and contact an appropriate health or support professional for personal guidance.

This grief is real and valid. You're not being "dramatic" or "materialistic." You're mourning the physical connections to your memories, relationships, and personal story.

## **Acknowledge the Loss**

People may experience different feelings after a fire. If you want help with grief or distress, contact a trusted person or qualified service; this page cannot assess your recovery.

## **Practical Tips:**

Keep a journal of your feelings

Talk to trusted friends or family

Don't rush the grieving process

## Focus on What You Can Control

Choose practical tasks you feel able to address, and ask trusted people or qualified services for help with decisions and support.

### Practical Tips:

Make daily lists of small, achievable tasks

Celebrate small victories

Ask for help when needed

## Maintain Social Connections

If you would like support, ask a trusted person or qualified service about options that fit your needs; this page cannot assess trauma or prescribe recovery.

### Practical Tips:

Accept offers of help from friends

Join fire survivor support groups

Maintain regular contact with loved ones

## Take Care of Your Physical Health

Record any physical or emotional concerns you want to discuss with a qualified health professional; choose practical rest, food and support arrangements that fit your circumstances.

### Practical Tips:

Try to maintain regular sleep schedules

Eat nutritious meals when possible

Engage in gentle physical activity

## Long-term Recovery: Rebuilding Your Life After Fire

### Immediate needs and support planning - timing differs by person

- Focus on immediate needs and safety
- Establish temporary routines
- Connect with support services
- Ask for support with difficult feelings when you want or need help
- Share insurance and rebuilding tasks with trusted helpers if you want support

## **Longer-term decisions and support - no fixed deadline**

- Participate in rebuilding decisions
- Create new traditions and memories
- Strengthen support relationships
- Address ongoing trauma symptoms
- Plan for the future

## **Remember: Recovery Isn't Linear**

Some days will be harder than others. Anniversary dates, familiar smells, or unexpected triggers can bring back difficult emotions even months later. This is normal and doesn't mean you're not healing.

## **Professional Mental Health Resources**

Ask an appropriate health professional or verified local support service about care options for your circumstances. Availability, suitability and appointment timing require confirmation.

## Official guidance and continued reading

Health Canada recommends manageable priorities, supportive connections, routines where possible and age-appropriate conversations. Seek professional help when distress overwhelms daily functioning. Canada.ca lists national and regional services. In Canada, call or text 9-8-8 for suicide-crisis support; call 911 for immediate danger. The 9-8-8 service also directs people to 211 or primary care for local mental-health services.

### Health Canada: Evacuations and your mental health

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/evacuations-mental-health.html>

Checked October 6, 2026. Practical support, routines, connection, age-appropriate communication and seeking professional help.

### Public Health Agency of Canada: Mental health support - get help

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

Checked October 6, 2026. National, provincial and territorial mental-health resources.

### 9-8-8: What to expect

<https://988.ca/get-help/what-to-expect>

Checked October 6, 2026. Canadian suicide-crisis support and direction to 211 or primary care for local services.

### Printable companion

<https://firerestoration.ca/downloads/hause-family-fire-recovery-guide.html>