

# Dealing with traumatic events



Sometimes traumatic events happen in your community or to people you know.

Traumatic events can include:

## Accidents



## Crime



## Natural disasters.



Even if you or your family are not directly affected, traumatic events can still leave you feeling scared, confused and upset.

## People react in different ways.

You might:

- feel like crying
- feel numb or confused
- feel worried or less safe than you did before
- feel relieved that you and your family were not hurt
- have bad memories or dreams
- find it difficult to eat or sleep
- feel like you don't want to go to school or other places
- get angry more easily
- feel dizzy or shaky or have an odd feeling in your tummy when you think about what happened.

These are all normal feelings. It's how people react when they feel stressed. Stress can change how you act with your friends and family and can affect your schoolwork.

You might have some of these feelings while you try to make sense of what happened. These feelings may come and go, and you may feel upset when you least expect it.



# How can I feel better?

It may take time to feel better and for life to return to normal. Here are some things that can help.



Carry on with your normal routine and activities if you can.

Go to school, spend time with friends and enjoy your hobbies. It's ok to feel happy and enjoy yourself.



Be careful not to miss meals or to eat too much.

Exercise and stay active.



Take time to sleep, rest and have some quiet time.



Draw pictures or write about your feelings. This can help you work through things.

Talk to your family and people at school about your feelings. Let them help you.



## What if I'm still not feeling ok?

Most people will feel better without special help but sometimes it's difficult to cope alone.

If a few weeks after the event you are:

- still feeling very sad, or very jumpy
- having a lot of nightmares or trouble sleeping
- still thinking about the event all the time
- having trouble concentrating at school

...then ask for help. Talk to your family or teachers in school about how you are feeling, and they will make sure you get the help you need: Emotional Literacy Support Assistants (ELSA) in primary and secondary schools and school-based counsellors in secondary schools.



It's normal to experience many different emotions and life is full of ups and downs, just like a rollercoaster. It can be scary, but you're not alone.

## Support services



### YES (Youth Enquiry Service)

Advice, support and counselling for ages 12-25 in Jersey Channel Islands.

☎ 0800 7350 010

✉ [yes@jys.je](mailto:yes@jys.je)

🌐 [yes.je](http://yes.je)

YES and CAMHS Saturday Wellbeing Drop-In. A mental health practitioner is available to answer any questions in a private space and to provide support and guidance.

Open Saturdays 11am – 4pm at The Link, Eagle House, La Colomberie, St Helier, JE2 4QB

### Kooth

Online counselling and support for young people aged 11 to 25.

It's available 24 hours and has bookable counselling sessions from Monday to Friday 12pm to 10pm and Saturday and Sunday 6pm to 10pm.

🌐 [kooth.com](http://kooth.com)

### Children and Families Hub

Information, advice and support for families and young people

Open Monday – Thursday 8:30am to 5:00pm, Fridays 8:30am to 4:30pm

☎ 01534 519000

✉ [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

🌐 [gov.je/childrenandfamilieshub](http://gov.je/childrenandfamilieshub)