

PSYCHOSOCIAL SUPPORT IN CRISIS SITUATIONS

During distressing times, psychosocial support is more important than ever. Therefore, show others that you care.

Offer the following advice to anyone affected:

- Spend time with others you feel comfortable with.
- Show interest and concern for others – especially for children, the elderly, and youth.
- Help each other by talking about good and bad experiences.
- Respect - if you or anyone else - does not want to talk about what happened.
- Be physically active and maintain healthy eating and sleeping routines as much as possible.
- Follow instructions from the authorities and avoid getting too caught up in the media or social media coverage of the events.
- Family and friends, who are not in the area, may be very concerned and will often send messages of concern. Arrange to let them know you are well at agreed times so their worry doesn't distress them or you.

SUPPORT TO CHILDREN

Offer the following advice to those involved in looking after children and keeping them safe and well:

- Children need to be physically and emotionally near their family and friends in times of distress.
- Be as calm as possible in what you say and do to create a safe environment for children.
- Spend extra time with children doing things they enjoy such as games and other stimulating activities. But make sure to also take time to teach them how to have a quiet time each day.
- When asking about the situation, children need simple and concrete answers.
- Be honest and truthful yet avoid giving children overwhelming or scary information.
- Take time to explain the situation to them in a way that is adapted to their age and developmental level.
- Be careful not to let your worry distress children so they begin to worry on their own.
- Provide information but protect them from too much. Try to diminish young children's exposure to potential distressing things on tv or social media.

