



Global Traumatic Event Supporting Your Child

Supporting your child during a global traumatic event can be challenging. You are not alone- there is support for you, your child, and family. The TVDSB has school mental health professionals available to help. If you would like more information about available supports, contact your school principal



Support for Children and Youth

Global traumatic events impact individuals, families, classes, schools, and communities across the world. Children and youth will react differently depending on their age and lived experiences. Children and youth pay close attention to how the adults react during these times. It is best to focus on facts in a way that they will understand. Let their questions guide how much information you share.

Early elementary children need brief, simple information that should be balanced with reassurances.
Middle elementary children may ask more questions and need assistance separating facts from misinformation.
Upper elementary and secondary students may have strong and varying opinions about the situation.

Considerations at Home

- maintaining a regular schedule helps children feel calm, safe, and supports overall mental health.
- Encourage your child to get plenty of sleep, regular meals, and exercise.
- Encourage your child to keep up with their schoolwork and extracurricular activities but don't push them if they seem overwhelmed.
- Encourage your child to take breaks from the news and social media.
- Seek to understand the type of images, videos and information your child is being exposed to.
- Check-in with your child about how they understand the situation and how they are coping.
- Think about the conversations that adults have with each other in front of children, even teenagers.
- Help children identify at least one adult at school and in the community to whom they may go for support.
- Understand that some young people may not talk about their feelings. Changes in behavior, appetite, and sleep patterns may tell you that they are having a hard time.
- Bring up the topic of the traumatic event at a time and place where a discussion can occur. If there are distractions, a shortage of time or if either you or your child are too tired or busy, it is likely the conversation will be interrupted.
- Let your child tell you what they believe they know, how they learned it and how they are feeling. Open-ended questions are suggested. For example, ask "How are you feeling about what happened?" rather than "Are you scared because of what happened?"
- Know that children who have had other traumatic experiences may have more intense responses.
- Seek professional support if anxiety, stress, worry, or discomfort is getting in the way of daily functioning.



Community Resources

If there is a mental health emergency please visit your local Hospital Emergency Department or call 911.

Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, www.kidshelpphone.ca for web chat

Reach Out Crisis Support: (519)433-2023 or 1-866-933-2023, www.reachout247.ca for web chat

Atlohsa Family Healing Services: 1-800-605-7477 (24/7 crisis support)

Tandem: formerly Crisis Intake Team (CIT): 519-433-0334 (London and Middlesex), 0-18 years and caregivers

CMHA: (24/7 Walk in support): Located at 648 Huron St. in London, Ontario (London and Middlesex), 16 years+

Wellkin Child & Youth Mental Wellness: 519-539-0463 or 1-877-539-0463 (Oxford Elgin)

