



# Supporting Children and Youth After Traumatic Events

*The TVDSB has school mental health professionals available to help. If you would like more information about what is available, please contact your school principal about available mental health services through your school.*

*Supporting your child after a traumatic event can be challenging. You are not alone, there is support for you, your child and your family.*



## Support for Children and Youth

Traumatic events can impact individuals, families, classes, schools, and whole communities. Children and youth will react differently depending on their age and other life experiences. Some young people will need support for a few days, but others might take a few weeks to feel better. Children pay attention to how the adults react. 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.

**Upper elementary** children may ask more questions and may need assistance separating facts from misinformation.

**Upper elementary and secondary** students may have strong and varying opinions about the situation.

## Considerations at Home



Keep to a regular schedule helps children feel calm, safe, and supports overall mental health.

Ensure that children 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.

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 if they feel threatened or at risk.

Ensure that children and youth know how to contact 911 in an emergency situation.

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.

Know that children who have had other traumatic experiences may have more intense responses.

Seek professional support if anxiety 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](http://www.kidshelpphone.ca) for web chat

[Reach Out Crisis Support](#): (519)433-2023 or 1-866-933-2023, [www.reachout247.ca](http://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)

