

Help and Support following the Manchester Terror Attack

Early Support (0-4/6 weeks)

- Intense emotions, such as fear, sadness, anxiety and anger are all normal in the early weeks following a traumatic event
- Listen and be there for each other within your family, community, work or school setting
- Allow your child, family member, friend or colleague space and time to talk
- Allow time for emotions to process naturally

Traumatic stress warnings (4/6 weeks – 6 months)

- It's been four to six weeks or more, and you're not feeling any better
- You're having trouble functioning at home and work
- You're experiencing terrifying memories, nightmares, or flashbacks
- You're having panic attacks
- You're having an increasingly difficult time connecting and relating to others
- You're experiencing suicidal thoughts or feelings
- You're avoiding more and more things that remind you of the disaster or traumatic event

.....You may want to consider seeking additional professional help.

If your child has traumatic stress the intense, confusing, and frightening emotions that follow a traumatic event can be even more pronounced, whether they directly experienced the event or were repeatedly exposed to disturbing media coverage. But you can help your child cope with traumatic stress and move on from the event by:

- Reassuring them that your family is safe and together
- Restore sense of safety through being close and hugging
- Provide them with a tangible item for comfort, such as a toy or photograph
- Restore and maintain normal routine as much as possible
- Help them to maintain a healthy diet and sleep pattern
- Provide them with time to talk about how they are feeling

Usually, your child's feelings of anxiety, numbness, confusion, guilt, and despair following a traumatic event will start to fade within a relatively short time. However, if the traumatic stress reaction is so intense and persistent that it's getting in the way of your child's ability to function at school or home, they may need additional help.

The Counselling and Family Centre offer a range of counselling support including individual sessions for children, young people and adults as well as couples and family sessions. We also provide support to children, staff and parents within school settings. You can contact our Centre to enquire about affordable counselling support on 0161 941 7782.