

How to Cope When Something Terrible Happens

(Hand out for Students)

- Reach out - people do care.
- Talk to your friends, family and teachers.
- Remember your reactions are normal.
- If your feelings and reactions seem different from those of your friends, remember everyone reacts differently.
- Writing or drawing can be helpful.
- Spend time with people who have a positive influence on you.
- Recurring thoughts, dreams or flashbacks are normal - don't try to fight them - they'll decrease over time and become less painful.
- Make a special effort to take care of yourself during this time.
Try to get extra sleep, eat nutritious foods and get exercise, even if it is just a walk.
- Sticking to your "normal" routine helps.
- Take time out, eg. go for a walk or listen to music.
- Be kind to yourself.
- Use of social media can help but do not rely on it as your main source of support.

- Useful contacts:
Kids Helpline: **1800 55 1800**
Lifeline: **13 1114**

- Useful websites:
Kids Helpline Webchat Counselling: [Kids Helpline Webchat Counselling](#)
Headspace On-line Counselling: [Headspace Online Counselling](#)
Youth Beyond Blue: [Youth Beyond Blue](#)

Above all, realise that what you are experiencing is normal following a traumatic event.