

Things I can do to feel better:

- Draw
- Listen to music
- Dance
- See my friends
- Play
- Talk to an adult I trust
- Watch a film
- Spend time with my family



You can use this leaflet to show people how you feel.

All of these feelings can change over time. It is okay for things to feel different right now.

Your parents may find the following information helpful:

Emergency contacts

Samaritans: Call 116 123

ChildLine: Call 08001111

NHS 24: Call 111 for urgent help; or 999 if someone is in danger or you are not safe.

Useful resources

www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/



www.youngminds.org.uk/parent/parentshelpline-and-webchat/



www.camhs-resources.co.uk



www.penninecare.nhs.uk/trauma



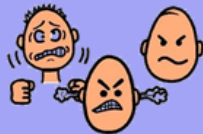
Understanding and managing trauma

Information for younger siblings

Sometimes a scary thing can happen to our brothers or sisters.

This can make us feel:

- Sad
- Afraid
- Left out or lonely
- Worried or anxious
- Confused
- Frustrated or angry



It's ok to have all these feelings.



Things might be different for you, like:



Bad sleep or nightmares



Having a sore head or tummy



Thinking about the scary thing



Worrying when you're away from your family

These are normal changes after scary things happen. Talk to your parents or another adult about things you are finding tricky.

Why am I feeling this way?

There might be lots of changes, like:



Having to stay with other family



Family spending time at hospital



Your sibling needing a lot of care



Changes to your usual day/routine



Missing your family and how things used to be