

Seeking Support

It is normal to feel anxious about how children and young people will cope after a critical incident. We sometimes feel that the help of professionals should be sought immediately after the death or event.

It is important however, to remember that we all have natural ways of coping when a critical incident happens and that intervening too early may disrupt these normal coping skills.

There are times when specialised help is necessary. If you have concerns about a child or young person's ability to cope after a critical incident (4 - 6 weeks), always share these with the appropriate colleagues in your school. This is to ensure timely communication with parents and possible referral to the relevant sources of support.

Remember your own self care!

Be aware of your own feelings and reactions

Seek support from someone you know and trust

Find time for yourself

Build in self care activities for yourself

Give and receive support, praise and encouragement

Learn to say 'no' or 'not now'

If you or someone you know is in need of immediate help or support please contact

Lifeline 0808 808 8000

For further support follow the QR link to Inspire Workplaces - Wellbeing at Work

Using the QR code - with a smartphone

Open the Camera from home screen and place the QR cube in the viewfinder and tap the notification.

If this doesn't work then download a free QR reader app and follow the instructions.



When a Critical Incident Happens



What school staff can do to support pupils.

Things you can do to help!

Acknowledge the critical incident and keep calm

Be available, observant and listen to the pupils

Communicate clearly and factually using age appropriate language and explanations

Be patient - you may have to repeat things - offer 'bite size' pieces of information

Be honest, answer any questions clearly and simply and remember it is all right to say "I don't know"

Share your own feelings, if appropriate

Acknowledge the child/young person's feelings

Be encouraging and reassuring

Be persistent - recovery can take time



Normal feelings and emotions in response to traumatic events may include: Shock, denial, sadness, crying, anger, fear, guilt, despair and anxiety or appearing not to be feeling anything at all.

Children and young people may also feel tired, lack concentration, be unable to sleep and may experience other physical symptoms, such as nausea, headaches, feeling cold and loss of appetite.

The event may trigger memories of other losses in a child or young person's life. Some may display avoidance behaviour by keeping busy or appearing reluctant to talk about what has happened.

It is important to understand that recovery doesn't always happen quickly, however with the understanding and support of school staff, difficult feelings and reactions will change over time.

Check out these 5 anxiety reducing activities to do with your pupils

**"Let us remember:
One book, one pen, one child, and
one teacher can change the world."**
Malala Yousafzai

This leaflet may help you as a member of school staff to understand your pupils' reactions to a critical incident. It will also show how you can help to facilitate normal healing over time.

Each individual's experience of a critical incident can differ. A consistent whole staff approach is necessary for an effective school response to a critical incident. As adults in close and regular contact with pupils you are key to supporting them and have a vital role to play in helping to maintain stability, routine and structure in a familiar environment at the time of crisis.

Children and young people will reflect your reactions, it is therefore important for staff members to respond in a calm, caring and confident manner.