

SUPPORTING YOUR CHILDREN'S MENTAL HEALTH DURING CHAOTIC TIMES

Provided by the GCPs School Social Workers



HOW TO TALK DURING A CRISIS

- Ensure children that they are safe and reiterate that your role is to protect them.
- Listen-Normalize and validate their feelings. Don't dismiss those who want to talk.
- Protect-Don't let children watch footage of crisis non-stop. Monitor and reduce exposure to the news.
- Model self care behavior and appropriate communication skills.
- Make sure you are in a calm state when you are having the conversation.

COPING WITH STRESS

- Get rest.
- Eat smarter, drink water.
- Be active.
- Acknowledge and express feelings.
- Slow down and breathe.
- Be mindful and present.
- Set boundaries.
- Practice gratitude.
- Come up with your own coping strategies that are safe and allow you to refocus.

Source: Strong4Life and National Geographic

TOOLBOX

GCAL

Please click here for information regarding the Georgia Crisis and Access Line.



Viewpoint Health

Click here to find out more information about Viewpoint's behavioral health services.



Support Resources

Please click here for tips for providing support.



CONTINUING THE CONVERSATION

- Ask children what they know and what they have heard.
- Bring up the topic calmly and in a straightforward manner.
- Be truthful but don't go into information overload. Share age appropriate information.
- Only share as much as they need to know and provide short and concise answers.
- These are good opportunities for learning and making sense of the world. Brainstorm with children on alternative positive ways to have their voices heard.

EXPLAINING BAD BEHAVIOR

- Children may have questions about why people are acting in this way.
- Encourage all children to treat others with respect and dignity regardless of differences in culture and beliefs.
- Avoid making vague promises that dismiss their concerns.
- Don't tell them everything will be okay. However you can help them find positive ways to address their fears.