

Information for Children and Young People and Families Manchester Arena Terror Incident 22nd May 2017

Following the tragic incident at the MEN Arena on the 22nd May, we recognise that many children and young people and parents/carers supporting children and young people will be shocked and saddened by what took place. Children and young people in particular may have questions and it can be difficult to know what to say.

There are approaches that support children and young people through this time more effectively which include:

- Let them know that you understand their feelings.
- Listen to children, give them the opportunity to talk if and when they want to.
- Be consistent and reassuring.
- Continue to keep routines and normal daily activities.
- Keep in touch with school/college about supporting a consistent approach.
- Keep them from seeing too much of the frightening pictures of the event.

Here are some guidelines on how you can respond to children and young people. We have included some links for more detailed guidance for children, young people parents/carers and professionals. Many young people do not go onto develop mental health conditions and recover naturally, however, if symptoms are severe or continue beyond 2- 4 weeks further specialist mental health advice and support can be accessed via your GP or schools/colleges.

Advice if you're upset or made anxious by the news:
(Appropriate for children and young people primary school age and upwards)
<http://www.bbc.co.uk/newsround/13865002>

(Appropriate for older young people 13-25 years)
www.themix.org.uk

Coping after a traumatic event:
<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/copingaftertraumaticevent.aspx>

Supporting children after a frightening event: for parents/carers/professionals:
<http://www.gosh.nhs.uk/medical-information-0/procedures-and-treatments/supporting-children-after-frightening-event>

<https://childbereavementuk.org/wp-content/uploads/2016/05/1.4b-Supporting-children-after-a-frightening-event.pdf?noredir=true>

Talking about terrorism- Tips for Parents
<https://www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/>