



Larkin Community College
Coláiste Pobail Lorcáin



Student Support

WHEN SOMETHING
BIG HAPPENS
WE PULL TOGETHER



Important Contact Numbers



Help is available. You are not alone.

Talk to someone in your family or to a friend

Talk to your teacher or guidance counsellor

Talk to your youth worker or doctor

Teenline 1800 833 634, 7 nights 8pm-11pm or
Free text 50015

Teen Counselling 01 8360011

Oasis (01) 8364524

Jigsaw (01) 6583070 & jigsaw.ie

Barnardos (01) 8134100

Childline 1800 666 666

Console 1800 247 247 www.console.ie

Samaritans 116 123

SMS 087 260 9090

Pieta House (01) 601 0000 & 1800 247247

AnamCara www.anamcara.ie

Headsup text 'headsup'

CDET B
An Bord Oideachais agus Oiliúna Chathair Bhoile Atha Cliath
City of Dublin Education and Training Board

CDET B
Psychological
SERVICE



Do's...

Try to keep to your usual routine.

Do express your feelings

Do take time out to eat well, get lots of rest and sleep, and exercise.

Spend quality time with those important to you.

Remember that the memory of the event and the feelings may stay with you for some time and this too is normal.

Do things to relax.

and Don'ts...

Don't bottle up feelings.

Don't avoid talking about what happened.

Definitely don't use alcohol or drugs to deal with your feelings. You know it creates more problems in the long run.

Don't expect things to settle back to normal so quickly—it takes time.

It's good to ask for help at times like these.



i'm lost...



Something big has happened, it is important for you to know that you may feel shocked, confused, lost, upset or you may feel all or some of the reactions listed below and this is normal. You don't need to be afraid or ashamed of your feelings. Talk about your feelings with someone you trust.

FEAR

- * Of harm to oneself or those we love
- * Of being alone, 'breaking down' or 'losing control'
- * Of a similar event happening again—helplessness

SADNESS

- * Feeling sad and lonely.

LONGING

- * For other special people in your life who are no longer around.

GUILT

- * For being alive and better off than others.
- * Regrets for things not done or said.

ANGER

- * Anger at what happened, at whoever caused it or allowed it to happen.
- * At the injustice of it all.

DISAPPOINTMENT

- * For all the things we won't get to do now.

Remember...We can get through this time if we allow these feelings to come out.

Crying can give relief so don't bottle up.

PHYSICAL AND MENTAL SENSATIONS

- * Tiredness or Sleeplessness
- * Hypervigilance.
- * Bad dreams or flashbacks are normal and will decrease over time.
- * Fuzziness of the mind including loss of memory and concentration
- * Dizziness, sweating, loss of appetite
- * Palpitations—heart racing or fluttering
- * Shakes
- * Difficulty breathing
- * Choking in the throat and chest
- * Feeling sick in your tummy or diarrhoea
- * Muscular tension which may lead to pain (e.g. headaches, neck and backache)
- * Numbness—your mind is trying to take in the events
- * Anger outbursts and snapping
- * Feeling tense and uptight
- * Feelings of dread
- * Heartache



REMEMBER

You are normal and you are having normal reactions to a difficult experience or event. It is the situation that is strange, not you.

Be encouraged, you will get through this.

WHAT MAY HELP

GETTING SUPPORT

It can be a relief to receive other people's support. Talk to your friends, family and teachers about what happened. At other times you may need to be alone and that's ok too.

Who is going to support you best through this time?



EXPRESS YOUR FEELINGS

- * You might feel all mixed up. Try not to be afraid of your feelings. It is ok to cry and deal with things in your own time.
- * Write down how you feel.
- * Draw or paint your feelings.
- * Shake it off. Movement helps with feelings.
- * Try walking and talking with someone you trust.

You are Special never forget that!