

# FOSTER RESILIENCE IN YOUR CHILDREN

Checking your child's mental well-being at  
this difficult time



# LIMIT SCREEN TIME:

It's easy to get lost in the news and devastation so take time to unplug. Explain the context of what they're seeing. Manage your reactions and speak positively about authority figures and first responders.



# CREATE A SAFE SPACE:

Let them speak about what's on their mind. Reflect those thoughts back so they know they've been heard. For those that struggle with speaking, let them draw or write what they're feeling.



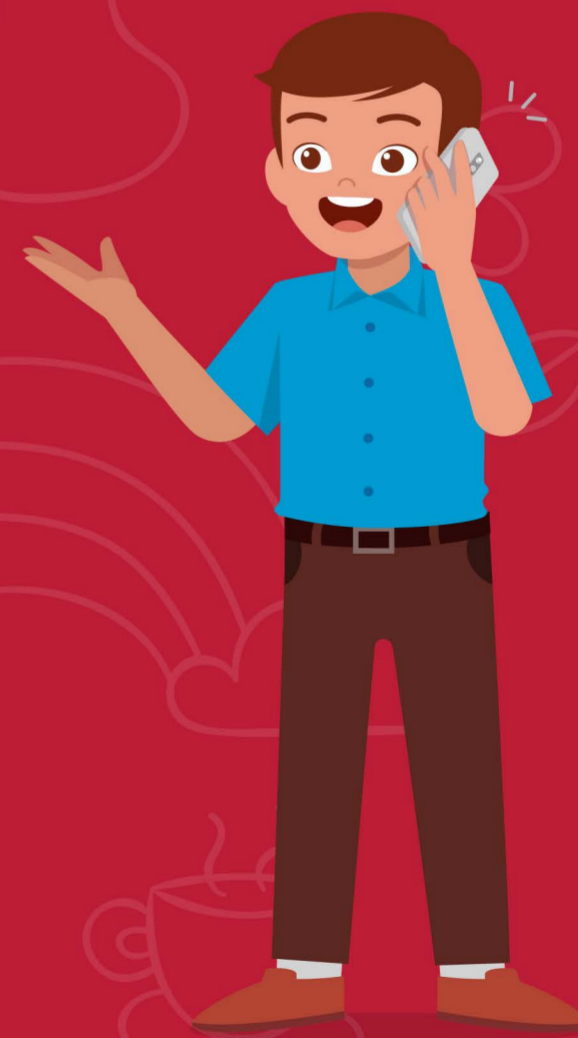
# VALIDATE BIG FEELINGS:

There's no shame in any negative feelings.  
Talk openly about any feelings.  
Reinforce that your child is safe.



# HELPFUL HOTLINES:

Childline 08000 55 555  
SA Police Service: 10111



# EMERGENCY HELPLINES:

Fire Brigade: 998 / 999

CrimeStop: 08600 10 111

Netcare 911: 082 911

GBV Command Center: 0800 428 428  
or SMS 'help' to 31531



# MENTAL HEALTH HOTLINES:

Lifeline: 0861 322 322

SADAG: 011 234 4837

Suicide Crisis Lifeline: 0800 567 567

Trauma Helpline: 0800 205 026.

