



Feeling hurt? A First Aid Kit for hurt feelings

- Be good to yourself
- Share your worries with someone you trust
- Remember it is OK to cry
- Write a smile list of things that you enjoy and make you happy
- Take some exercise
- Remember that feelings will change over time



Produced by :

Critical Incident Response Team



We all have our own ways of coping when something terrible happens to us or to someone we love. Usually our normal ways are enough to help us get through. However, sometimes we may need to talk to someone who is specially trained to help us to get through these times.

Some of the signs that will tell us we need this help are:

- If you have no one to talk to about how you are feeling
- If you feel you can't cope with how you are feeling or behaving
- If you think that you can't move on with your life

If after a few weeks you still feel any of these, please talk to someone in your school or someone you trust who will be able to get you the help you need!

When something
terrible happens!



Some help and
advice for you

The experience you have gone through is very personal to you. This leaflet will help you to know how other boys and girls have coped in a similar situation. It is likely that you will experience some of the feelings listed here.

You may feel:

sad



shocked



angry



afraid



at what has happened and the unfairness of it.

It can be quite scary for you because these feelings are so strong, but it is important to remember that they are normal feelings. Also, you will notice that the feelings change over time.

You may also feel unwell, cold, tired, find you can't concentrate or indeed not want to eat.



Again, what you are feeling is 'normal'



When things are tough, it helps to talk to someone you trust about how you are feeling.

It is not good to keep feelings bottled up.
Remember you are not on your own!

My Support Network

