

## CIRT Support Leaflet for Pupils

**As a child or a young person sometimes sad things happen.**

**There are things you can do to help yourself cope.**

At times you can experience difficult events in life. When someone you love or care about dies or is seriously hurt you can have feelings that are difficult to deal with. Feelings may include shock, numbness, sadness, fear, guilt, despair, guilt, depression, relief, anger. Often it can seem like we jump from one feeling to another. These feelings are normal and will change over time

**Here are things that you can do to help!**

**Starfish breathing** or finger breathing is a great way to help to deal with feelings. Use the pointer finger from your other hand to trace the hand (Starfish) as you breathe. Start at your thumb, and as you breathe in, trace up your thumb to the top. Inhale deeply and then as you move down the inside of the thumb exhale. Do this for all fingers you can then repeat from the little finger back to the thumb.

When feelings become difficult to deal with its important to know who you can talk to. We call this a **Support Network** – think about the people who support you within your family, school, friends, clubs or groups you belong to, church or faith groups you attend, and perhaps you can think of other people who could help?

A **Feelings First Aid kit** is a toolbox of things to help us when we are emotionally hurting. Including things like

- Thinking positive thoughts
- Knowing that 'Its Ok to not be Ok'
- Talk to someone
- Eating well
- Sleeping well
- Listening to music
- Other self-care ideas

What things are in your emotional kit - what other ideas have you?

Create a **Self-care 7-day menu**. Self-care is so important and simply involves you doing things you like to do that are good for you! Why not set out for the next 7-days a menu for

how you will plan ideas. Write 7 things you will do to make you smile and complete them each day. Here is a link to [some ideas](#) made by other young people, or just make up your own.

## Further Help

We all have our own ways of coping when something terrible happens to us. Sometimes we may need more help from other services that are trained to do just that.

### Signs you might need more Help

- Not having anyone to talk to about your feelings
- Not coping with your feelings or behaviours
- Moving on with life is too hard

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!

If you want to find out more about mental health then this website may be useful [minding your head](#).

### If you feel you need help right now please contact

**Lifeline 0808 808 8000** a 24/7 free crisis response helpline.

Or by texting the word '**SHOUT**' to **85258** you will start a conversation with a trained Shout Volunteer, who will text you back and forth, sharing only what you feel comfortable with. 24/7 free from all major networks.