

Friday, 15 March 2019

Media Alert

Kids Helpline and Christchurch Tragedy

In light of media reports about the tragedy in Christchurch, Kids Helpline would like to remind Australian media that free phone and online counselling service Kids Helpline is available to all children and young people across the Australia anytime and for any reason.

If appropriate to your coverage, please include [Kids Helpline](#) contact details at the end of coverage and articles. Kids Helpline counsellors are also available for interview.

Kids Helpline is Australia's only free confidential 24/7 online and phone counselling service for children and young people aged 5 to 25 years. www.kidshelpline.com.au or free call 1800 55 1800.

Kids Helpline counsellors advise the following tips for helping young people affected:

- Be there. Let them know that it's OK and normal to be concerned and worried about this e.g. "Yes it's very sad isn't it?"
- Have a discussion about what happened and help them process what's occurred.
- Try to limit their exposure to media stories around the tragedy. Having them view or hear over and over what has occurred can re-traumatise them and build anxiety. It's OK to simply turn off the news for a while and use it as an opportunity to talk.
- Try and find something positive to do. Might simply be writing out a card, contributing to a fundraising campaign, or encouraging their school to do something.
- Stick to your normal daily routine. Kids draw a deal of comfort and safety around routine and consistency. Ensure they continue to socialise with friends.
- Hugs and comfort. Let them know they are loved and that they are safe.
- Look after you. Don't forget to look after you. This can be a stressful time for everyone.

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