

YOUNG TALK

TRAUMA AND MENTAL HEALTH CARE

EDITION 1-
EPISODE 2

29/06/22

Mt Darwin Outreach
232 Participants
177 Children
55 Guardians

Published by T. Blessing Kanengoni

STRAIGHT TALK



Building bridges of hope by training people to set the world's vulnerable children free from trauma.



Take Care of Your own Mental Health as a child.

One of the best things you can do to keep yourself in a good shape is to be mentally healthy. You should take care of your own mental health. This can be done through modeling your habits in order to improve your own mental health and also creating a healthier environment for yourself. A healthy diet, a good night's sleep, and plenty of exercise aren't just good for your physical health—they're essential to mental health too. Eat, Exercise, Rest

“Being able to be your true self is one of the strongest components of good mental health.” -Lauren Fogel Mersy



“Scars tell the story of where you've been, they don't dictate where you're going.” “It's not always your mental health that is the problem; sometimes the situation you are in needs to change.”

“Trauma creates changes you don't choose. Healing is about creating change that you do choose.”

Every Vulnerable Child Needs a Bridge of Hope Signs of Trauma in Children and Adolescents

- Constantly replaying the event in their minds.
- Nightmares.
- Beliefs that the world is generally unsafe.
- Irritability, anger and moodiness.
- Poor concentration.
- Appetite or sleep issues.
- Behavior problems.
- Nervousness about people getting too close.
- Jumpiness from loud noises



Every day, children are exploited and abused. In communities ravaged by disasters, war, and poverty, children are particularly vulnerable. They need a bridge of hope. They need you.

MENTAL HEALTH KEY BUILDING HOPE

Watch out for Red Flags

-Some children are naturally a little self-conscious or more pessimistic than others. That's not necessarily a problem. However, there's a line where normal struggles turn into a reason for concern.

-If you notice that your child feels sad or overly anxious about normal situations, like meeting new people, there might be a problem.⁹ Likewise, a change in mood or behavior that lasts more than two weeks could be a sign of a problem as well.

-Also, be on the lookout for issues concentrating, an inability to sit still, and struggles with focusing on the task at hand. Difficulty functioning in those areas are red flags.

NOTE: While it's important to protect your child from trauma like abuse and bullying, you can't prevent your child from experiencing stress. Stress is a normal part of life and learning to deal with it in a healthy way now will set your child up for success in the future.



How do I help a child to recover from a traumatic event or experience as a guardian?

- ✓ Make your child feel safe. All children, from toddlers to teens, will benefit from your touch-extra cuddling, hugs or just a reassuring pat on the back.
- ✓ Act calm. Children look to adults for reassurance after traumatic events have occurred
- ✓ Maintain routines as much as possible. Amidst chaos and change, routines reassure children that life will be okay again.
- ✓ Help children enjoy themselves. Encourage kids to do activities and play with others..
- ✓ Share information about what happened. It's always best to learn the details of a traumatic event from a safe, trusted adult.
- ✓ Pick good times to talk. Look for natural openings to have a discussion.
- ✓ Understand that children cope in different ways. Some might want to spend extra time with friends and relatives; some might want to spend more time alone.



Local people are the best people to protect and restore the children in their community from trauma. Through our workshops, local people in communities, churches and organizations are equipped and empowered to be bridges of hope who transform the lives of the vulnerable children so that they can thrive. Story is a powerful way to transform thinking, hearts and actions. That's why we produce and use award-winning audio dramas laced with evidence-based practices of child protection and trauma-informed care to anchor our workshops. Our programs are not only engaging, but through third party testing have been proven to be effective. Resilience to childhood trauma depends largely on the support available to the child. So we orient our workshops toward equipping organizations and strengthening families and communities to protect children, restore them from trauma and provide the support they need to thrive.

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