



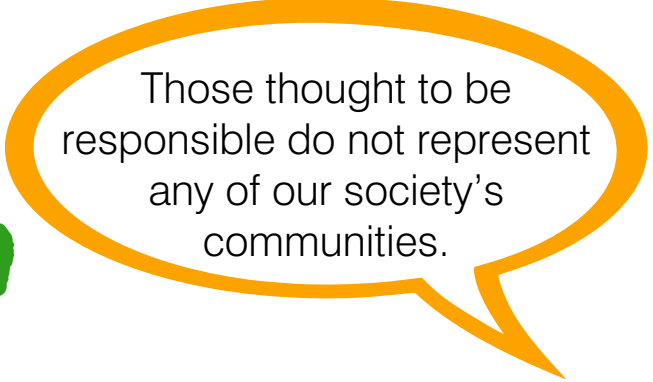
The chances of being in an attack are very small.



There are lots of professionals like the Police doing all that they can to keep the community safe.



It is important to try to sleep and eat and keep up with your daily activities.



Those thought to be responsible do not represent any of our society's communities.



You can access further help by contacting the following organisations:

**Samaritans** (116 123) operates a 24-hour service available every day of the year.

**Childline** (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

**PAPYRUS** (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

**The Sanctuary** (0300 003 7029) operates a 24-hour service available every day of the year, for people who are struggling to cope - experiencing depression, anxiety, panic attacks or in crisis.

**Victim Support** (0808 168 9111) a national charity providing immediate emotional and practical local support to victims and witnesses of the Manchester incident.

Alternatively you might want to speak to your local **GP**.

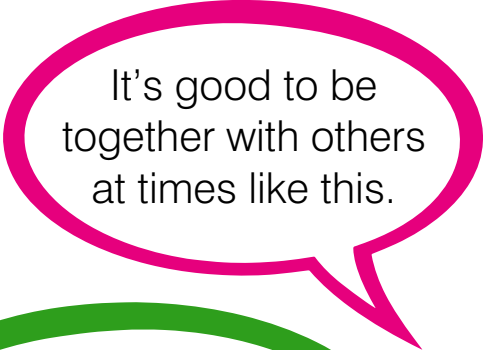

Supporting your child's wellbeing following the Manchester Arena incident.

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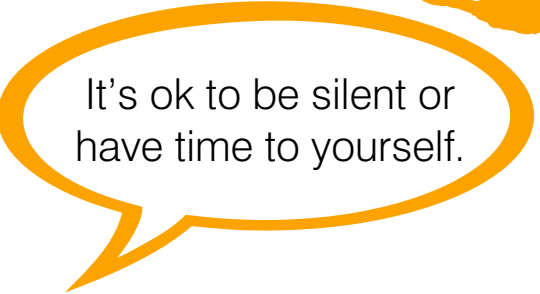

We would like to acknowledge the impact of the event of May 22nd 2017 on the community. Our thoughts and condolences are with all those affected.

Talking to children and young people about such incidents can be challenging however by creating an open environment where children feel free to ask questions, parents and carers can help them to cope. Try to answer questions factually and don't be afraid to say that you don't have all the answers.

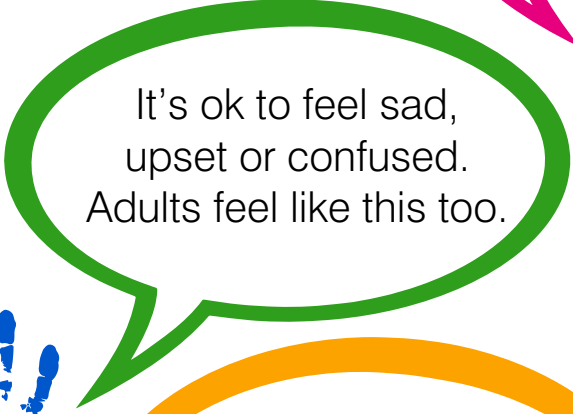

Children and young people are best supported by those that they know and trust. We have chosen some key phrases to help you with these difficult conversations.



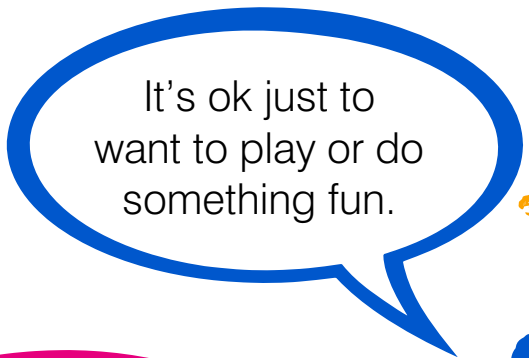

It's good to be together with others at times like this.



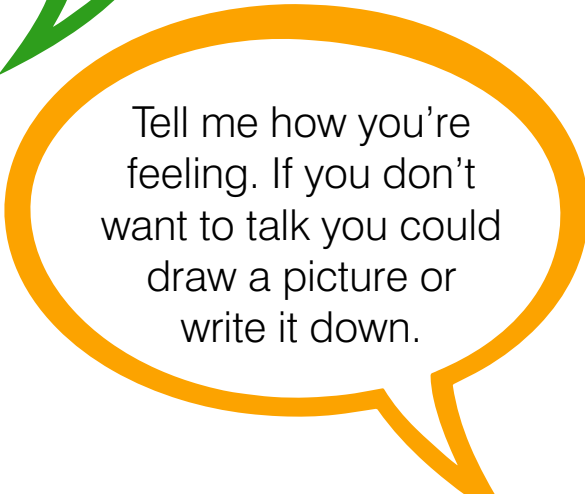

It's ok to be silent or have time to yourself.



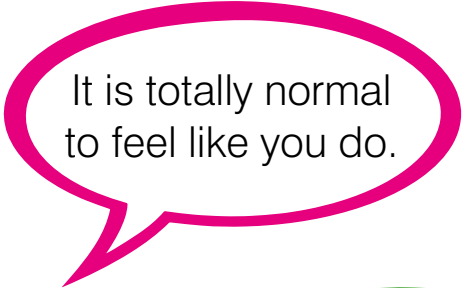

It's ok to feel sad, upset or confused. Adults feel like this too.





It's ok just to want to play or do something fun.



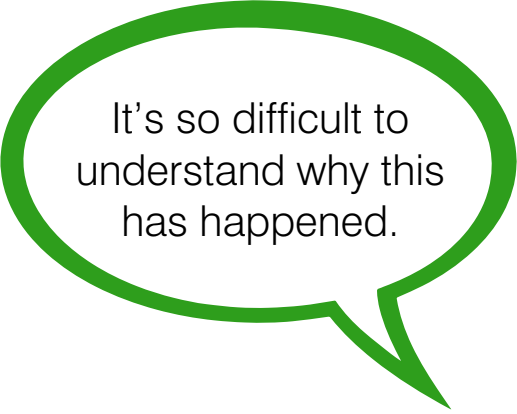

Tell me how you're feeling. If you don't want to talk you could draw a picture or write it down.



It is totally normal to feel like you do.



It's ok to ask questions and talk.



It's so difficult to understand why this has happened.