

Support after terrorism on My Support Space

My Support Space is a free and secure online resource from Victim Support. It contains interactive guides that you can work through in your own time and at your own pace.



For victims/survivors

How to talk to your child or young person after a terror incident

This guide will help you to identify some of the difficult emotions your child may experience following a terrorist act, common signs of distress, and how you can help and reassure them. It has activities to encourage them to open up, and information on the support you can access if they're not improving over time.

Witnesses to terrorism

Anyone who has witnessed a terrorist act or experienced the aftermath of one may be severely affected. This guide will explore some common feelings you may be experiencing, and ways in which you can cope and start to feel safe again. It has information on going back to work or education, being kept informed about the court case, and dealing with the media coverage.

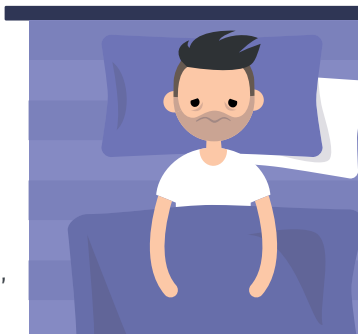
Moving forward after terrorism: anniversaries and triggers

Anniversaries of terrorist incidents may serve as a trauma trigger. This guide explains what triggers are, how you may feel if you experience them, and how you can help yourself to cope. It also addresses anniversaries, and suggests ways that you can remember loved ones.



Long term effects of terrorism

This guide will look at how moving forward from trauma takes time, and how it may have affected – or is affecting – your mental health. It also has information on coping strategies, and how you can get additional support if you need it.



For supporters

My Support Space is also available for friends, family members or others who are supporting someone after they've experienced a terrorist attack.

Supporting someone after terrorism

This guide will look at how the person you're supporting may be affected by their traumatic experience. It will give ideas on how to approach difficult conversations and practical things you can do to help. It suggests techniques to help them cope day-to-day, and has links to other sources of support that you can both explore.



We have many other guides that you may also find useful, such as:

Trauma

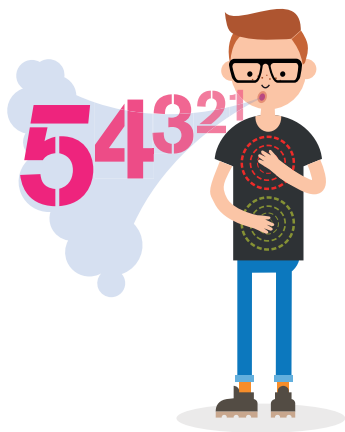
Why people respond in different ways after trauma, with self-reflection and planning exercises to help you cope in the short term.

Sleep

Tips and techniques to get a better night's sleep if your sleep is being affected.

Coping strategies

What coping strategies are, how to address unhelpful coping strategies you may have adopted, and tips to regain your inner strength and build resilience.



To access these guides and more, create your free and confidential account: mysupportspace.org.uk