Mental Health Resource Sharing
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The content created is presently being circulated for general mental health awareness amongst the general public and as such, The Ohana Project is fully supportive of efforts made by individuals, institutions, organisations and establishments to circulate this information as widely as possible during this time. When doing so, please keep in mind that the content has been created for awareness purposes only, and as such, the information provided in such material cannot be relied upon as a substitute for counseling and/or mental health support as they are based on different guidelines related to mental health which continue to evolve.

Furthermore, we would be grateful if you could credit The Ohana Project appropriately, and inform us (via email or social media) in advance using the numbers given below when sharing, printing, and/or distributing such content created by The Ohana Project as well as when you use the material to generate additional content, specifically on an organisational level.

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This would allow us to better monitor the dissemination of such information and facilitate our evaluation and impact assessments which are important to enhance the efficacy and reach of future content.

Thank you for your support and we look forward to sharing the learning and receiving feedback from you in regard to the reach and uptake of the resources.

Warmest regards,

The Ohana Project
WE ARE HERE!

The Ohana Project is on standby with a team of trained mental health professionals to respond to the needs of those affected by yesterday’s attacks.

We have Psychological First Aid and Crisis intervention capability along with Crisis Counselling.

Our team is ready to deploy to any private or government hospital to offer support for those injured and for families who have been affected.

Call us if you require support

Nivendra (0777346334)
Nilushka (0774979641)
What can you do?

There are many emergency response services that are active. Yes we can all feel helpless at this time but here are a few simple things you can do:

- **Prepare:** Make sure that in case of a curfew, your house is well stocked with food, water and medicine.
- **Breath and collect your thoughts:** Your full attention should be on the present situation. The most important thing is to remain calm and stay in control of the situation.
- **Reflect on how you are feeling:** Feeling scared, worried, threatened and angry are completely normal. However, make sure that your feelings are controlled and doesn’t cause panic to others.
- **Reassure those around you:** If there are others on the scene who is upset or fearful reassure them. It’s better to remain with someone and provide emotional support than to take action that will cause additional damage.
- **Reach out for help:** If you are alone, call your loved ones for support. If you do not have anyone, you can call any of the following numbers for support.
- **Avoid the affected areas:** It is critical for emergency services to get through to people who are injured and need help. So overcrowding the place will hinder the delivery of appropriate care for individuals who are in need of immediate care.
- **Refrain from spreading inaccurate information:** Spreading incorrect or inaccurate information through social media will only lead to chaos. It is important to think twice before sharing unverified information that will cause additional harm or unwarranted emotional reactions within our communities.

Call the following numbers for support

13-33 | 1926 | 0112 696 666 |
ලකුණු ප්‍රශ්නයේ එකකට ආදායමයෙන් ආකාධාදාන කිරීමට අවසන් කිරීම. කොහොමද මතකාදි පෙර ගත්තියේ පැහැදිලි නිමැවිම මෙමදීම බොහෝකට්කර. මම්ම මෙම ප්‍රශ්නය පිළිතුරු පොතා මෙමදීමට අවශ්‍යවත් ගැනිම.

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Call the following numbers for support 13-33 | 1926 | 0112 696 666 | 0717639898
COMMON REACTIONS TO A CRISIS EVENT

Shock and disbelief
Disorientation
Anger and irritation
Apathy and numbing
Sadness
Crying for no apparent reason
Headaches, backaches, stomach problems
Sleep difficulties
Changes in eating patterns

13-33 (24hrs) 1826 (24hrs) | 9717520898 (24hrs)
0112696666 (Kamu-IPM)
TIPS ON HOW TO COPE DURING A CRISIS EVENT

1. Create balance in how you spend your time.
   - Be cautious not to spend too much time viewing news.
   - Spend time talking to your friends/families.
2. Engage in deep breathing.
3. Make sure you are well hydrated.
4. Engage in relaxing activities.
   - Listen to music, spend some time with nature or play with a pet.
5. Get enough rest.
6. Reach out for help.

Call one of the mental health hotlines

13-33 (24hrs) 1926 (24hrs) 0771739080 (24hrs)
0112169666 (8am-6pm)

Call one of the mental health hotlines

13-33 (24hrs) 1926 (24hrs) 0771739080 (24hrs)
0112169666 (8am-6pm)
HOW YOU CAN HELP SOMEONE AFFECTED BY A TERRORIST ATTACK

Stay Calm & Listen: Provide them with a listening ear. If the person wants to talk about what happened to them, listen with empathy and concern without interrupting them.

Let them Speak at their own pace & will: If you feel the person wants to speak let them speak at their own pace. If you feel they are scared and needs someone to be there with them in silence that is okay too. That will be just as comforting to them.

Do not push them to talk: A survivor can feel great deal of distress if they feel judged or obligated to share.

Emphasize that there is no right or wrong way to feel: Terrorist attacks are senseless and meaningless acts of brutality and there is no single correct way to feel.
Communicating With Children In Distress

1. LET THE CHILD SET THE PACE.
   Children should not be forced to discuss or reveal experiences and the lead should always come from the child.

2. GIVE ADEQUATE TIME TO THE CHILD.
   Do not expect the whole story to be revealed in one session.

3. PROVIDE EMOTIONAL SUPPORT AND ENCOURAGEMENT.
   Give this to the child in whatever ways are appropriate to the child’s culture and stage of development.

4. ACCEPT THE CHILD’S EMOTIONS.
   Accept all emotions, for example guilt or anger - even if they seem to you to be illogical reactions to the event.

5. NEVER GIVE FALSE REASSURANCES.
   Helping the child to face the reality of her/his situation is almost always preferable to avoiding it, provided this is done in an atmosphere of trust and support.

6. TALKING MAY PROVIDE SOLUTIONS.
   Talking about difficult situations may enable children to work out their own solution, especially in the case of older children and adolescents. Simply listening in an attentive and supportive way can be extremely helpful.

7. PERSONAL CARE MAY BE NECESSARY.
   Children or adolescents may need personal care, affection and physical contact more characteristic of younger children, in order to overcome the emotional problems they are facing.

*Adapted from Action for the Rights of the Child
Help children with their feelings

Provide an environment that will allow children to freely express their feelings and acknowledge any pain and anger. Encourage children to keep a journal, draw or talk out their emotions. Providing a means by which emotions can be channeled into positive actions (e.g., reaching out to victims, writing letters and cards, donating supplies and food, planning a community walk) can reduce children's focus on engaging in harmful attacks on others.

Set a good example

Children learn from observation of your behavior. Be aware of the impact of your own biases and feelings of anger. Be prepared to respond to purposeful acts of bias because children will carefully observe how you intervene when someone is the target of hate-based behavior. Be vocal in opposing racist views and practices. Use appropriate labels and words when describing what occurred and the individuals involved.

Tell children personal stories of triumph

The fear that a bad situation will never change can lead children to feel hopeless, which can lead them to use hateful words and exhibit hurtful behaviors. Children need to hear stories of overcoming oppression and surviving with triumphant attitudes. Providing such models shows children that people have successfully stood up to hatred.

Correct children

Make children aware of your disapproval if they make an insensitive remark or react with attacks of violence against others. Remind children of how they feel when they are not treated well by others. Set ground rules in your household and classroom for how children and adults should behave towards others and develop appropriate disciplinary actions. At the same time, help children learn better ways to deal with their anger.
Teach tolerance

Children who are sensitive to other people’s feelings are less likely to be prejudiced. Sharing stories of the similarities between different cultures can help them understand the points of view of other people. Blaming an individual or group when fault actually lies elsewhere reinforces hate. Some children may erroneously think that all members of a specific group are terrorists but, as adults, we can help them understand that the actions of a few individuals do not reflect an entire group.

Model tolerance

Terrorism and war provide a perfect opportunity to discuss the issues of prejudice, stereotyping, aggression and to consider nonviolent ways to handle situations. Unfortunately, it is easy to look for and assign blame, which makes a situation more understandable and makes it feel preventable. Adults must be mindful of stating their opinions as fact. Discussions should allow for disagreement and airing of different points of view. If children feel their opinion is wrong or misunderstood, they may disengage from dialogue or feel that they are bad or stupid. In discussing how terrorism or war often stems from interpersonal conflict, misunderstanding or differences in religion or culture, it is important to model tolerance. Accepting and understanding others’ opinions are necessary steps in nonviolent conflict resolution.

Discuss larger issues related to war and terrorism

Discussion about larger issues such as tolerance, difference and nonviolent problem solving can also be stimulated by the news. Learning about a foreign culture or region also dispels myths and more accurately points out similarities and differences.

Relax and answer the questions

Lack of information about people whom we see as different from ourselves sets the stage for hatred. Hate is also based on thinking or assuming something that is untrue. Treat all of your child’s questions with respect and seriousness. Because of your own discomfort, you may avoid giving an answer. However, try to answer all questions with short, simple and honest responses. Be sure that you are using language that is appropriate for your child’s developmental level. Providing details about events and discussing the answers to your child’s questions can prevent seeds of hatred from taking root.
Respect diversity

It is important that we begin and continue our conversations about diversity and respect for differences. Remind children how important their culture is to them as a way of understanding how other people must feel about their cultures. Expose children to other cultures through books, television, museums and restaurants. Encourage open dialogues and development of friendships with a diverse group of people.
Emergency Responders
Tips for Self Care

Responding to emergencies and caring for people can be rewarding and challenging. Here are some tips on how to take care of your physical and mental well being.

Do's

- Set up a buddy system and use it to support each other when responding.
- Talk to family, friends, supervisors and managers about your experiences.
- Take time out to engage in activities outside of your work environment.
- Tell people what you need. There is no shame in asking for assistance.
- Consult a mental health professional for additional support.

Don't's

- Bottle up your feelings– let them out in a healthy way (i.e. writing, drawing, talking etc)
- Be embarrassed by your feelings– it is normal to feel difficult emotions after responding to emergencies.
- Avoid people you trust.
- Use alcohol and substances to cope

Remember– you are as human as everyone else and you are important!
Emergency Responders
Secondary Traumatic Stress

These are stress reactions that result from exposure to another person’s traumatic experiences than being directly exposed to an event that is traumatic. It is important that you are able to identify these signs in yourself and your team and reach out for support if necessary.

- Disproportionate worry or fear about something bad happening
- Physical symptoms (racing heart, fast breathing, sweating, stomach problems, headaches, nausea)
- Being ‘on alert’ all of the time
- Nightmares or repetitive thoughts about the event
- Sadness, depression or apathy
- Irritability
- Feeling like a failure
- Isolation and disconnection from others
- Absorbing other people’s trauma to be yours.
- Problems with sleep and appetite

You are not alone. Help is available.
IMPROVING OUR SLEEP AFTER A CRISIS EVENT

- Sleep in a location you feel safe - using a dim night-light can be helpful.
- Engage in a relaxing and simple activities before sleep - consider reading a light novel, listening to music or taking a warm shower.
- Avoid watching or reading upsetting news reports at least an hour before you sleep.
- Limit use of technology for an hour before sleeping.
- Do not eat/drink too much before you sleep. Make sure you are well hydrated.
- Go to bed when you feel ready to sleep; don’t force rest.
- If you are struggling to sleep, don’t stay in bed - step out of bed and engage in a low stimulation activities like listening to music or colouring to occupy your mind.
COPING WITH PANIC ATTACKS DURING A CRISIS EVENT

• Focus on your breath, an object or a person who know and trust.
• Know your triggers that panic you and avoid them if possible.
• Find a quiet peaceful place and avoid bright lights and loud noises as much as possible.
• Engage in activities that help reduce stress.
• Be kind to yourself. Its normal to feel low after a crisis.

Understanding your anxieties can help you cope better.

Remember: panic attacks are not dangerous though they might feel that way. It will pass.

THE OHANA PROJECT
Suicidal thoughts

TIPS ON COPING WITH SUICIDAL THOUGHTS

Suicidal thoughts can seem scary and intense, but they do not last forever. Take one step at a time. Being calm and steady will help you.

- Identify a safe place you can go to where you feel supported
- Identify a person you feel safe and comfortable with—talk about what you are feeling
- Avoid alcohol and drugs

Call 15-55 | 1926 | 0717659898 [24 hours]

If you have suicidal thoughts, call 15-55, 1926, or 0717659898 (24 hours). If you feel like you might hurt yourself, please talk to someone who can help you.
Coping strategies

Coping strategies using your senses

**Vision**
Focus your attention and look at something nice.

**Smell**
Notice smells that you like; favourite soap and food etc.

**Taste**
Use the taste of something you like to focus your attention.

**Touch**
Stroke a pet, give yourself a hand massage or hug a pillow.

**Hear**
Listen to your favourite song or sounds of nature.

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Call 13-35 | 1926 | 0717659898 [24 hours]
GROWING IN RESILIENCE

- **Be Present**: rather than focusing on the 'what-if's and 'maybe's, concentrate on the present situation.
- **Speak about how you feel**: It’s important to address your emotions and talk to someone to help you make sense of what happened.
- **Stay Connected**: Our social relationships are our biggest resource and strength to move forward following a crisis.
- **Focus on your resources**: Pay attention to your strengths that help you cope.
- **Connect to a Purpose**: Identify and drive yourself towards a goal that is meaningful to you. This can lend a sense of direction during a crisis situation.
- **Take Action**: Engage in simple and meaningful activities to bring a sense of hope.
- **Adopt a Learning Mindset**: Seek meaning and learning from what has happened.
- **Be open to adapting to circumstances**
- **Make time for yourself**: taking the time to care for yourself and meet your needs is more important than ever during times of adversity. Ensure your physical and mental health is prioritized.
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- පිරිස දිවෙන: පොර්ටම් වේගය පරිගණක ප්‍රධාන පෝර්ටම්නින්. මෙමවාදිය පෝර්ටම් වේගය මගින් මෙම පොර්ටම් වේගය සඳහා මෙම පයින්නය
- පිරිස දිවෙන: පොර්ටම් වේගය පරිගණක පෝර්ටම්නින් මෙමවාදිය
- පොර්ටම් වේගය පරිගණක පෝර්ටම්නින් මෙමවාදිය: මෙම පොර්ටම් වේගය පරිගණක පෝර්ටම්නින් මෙමවාදිය
- පොර්ටම් වේගය පරිගණක පෝර්ටම්නින් මෙමවාදිය: මෙම පොර්ටම් වේගය පරිගණක පෝර්ටම්කම් කිරීමට මෙය අවසන්න
- පොර්ටම් වේගය පරිගණක පෝර්ටම්නින් මෙමවාදිය: මෙම පොර්ටම් වේගය පරිගණක පෝර්ටම්කම් කිරීමට මෙය අවසන්න