

GETTING THROUGH THE HARD TIMES

Traumatic events can happen to anyone without warning. In an interconnected world we hear about disaster and trauma all the time. In Canterbury we have had our fair share of events that were difficult to deal with, caused strong emotional responses for most people but also a sense of numbness for some. Sometimes it is

- x Commonground resource for parents, family, whanau and friends with information, tools and support to help a young person who is struggling.
- x Skylight 0800 299 100 for support through trauma, loss and grief; 9am - 5pm weekdays.