



You might draw or play about how you feel. Often that is easier than just talking. Drawing a picture can make your feelings less scary.



Nothing can change the terrible thing that happened. But you don't have to feel worried, sad, angry and mixed-up for ever. You can feel stronger. There can be fun in your life again.

NOVA is a Barnardo's N. Ireland trauma support service. It began in 1998 and currently provides a range of supports for children, families and communities. There are three interrelated aspects to NOVA's work:

- **TRAUMA COUNSELLING** for children, families and adults. This service is provided on an outreach basis to people primarily living in counties Armagh, East Tyrone and South Down
- **TRAINING AND CAPACITY BUILDING** in trauma-related issues. This service is available regionally and across the community, voluntary and statutory sectors
- **INFLUENCING AND DISSEMINATION** through publications, conference presentations, and contributions to trauma-related policy and practice

All NOVA practitioners are social workers registered with the Northern Ireland Social Care Council. Some are also qualified counselling psychologists, while others are accredited psychotherapists. In addition, all staff have specialist training in treating trauma in line with current clinical guidelines. As a Barnardo's service, NOVA is committed to ongoing evaluation of all its services.



when terrible things
happen
Trauma talk for kids

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When something terrible happens you can feel very upset. It's scary and you don't feel safe.



You can feel shocked and frightened



cross and angry



sad and upset.



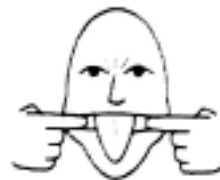
It's like there is no room for fun in your life.



Sometimes your head can hurt and you might not feel very well. You might not feel hungry some of the time too.



It can be hard to get to sleep and you might be having scary dreams.



Sometimes kids get cross and mean when a terrible thing happens. They can get into more trouble in school and at home. Maybe they end up feeling all alone.



This is how many kids feel when terrible things happen. It can be confusing and hard to understand. Talking with mum, dad, gran, granddad, teacher or another grown-up can help.



Sometimes kids need to talk to a grown-up called a counsellor to help them figure out their feelings. The counsellor listens and helps to understand.



You can tell a counsellor just how you feel. You don't have to hide your feelings or put on a mask.