

(From page 157)

■ Read up on trauma. Google “trauma” on the internet so you know what to expect if any of your friends land in such a situation, says Janine Shamos of the South African Depression and Anxiety Group (Sadrag).

■ Invite traumatised friends to accompany you on outings but choose activities carefully. For example if they were in a store when a robbery took place they’ll likely to find it frightening to go shopping.

■ If you’re concerned a pupil at your school might be traumatised ask your parents to speak to the child’s teacher. “Gaining access to a child in need is easier if you work through the school,” says Anneke Putter of the TygerBear unit. For more information and advice call Sadrag on 0800-12-13-14, SMS 32312 or call the Tyger-Bear 24-hour helpline on 082-994-4301.

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