

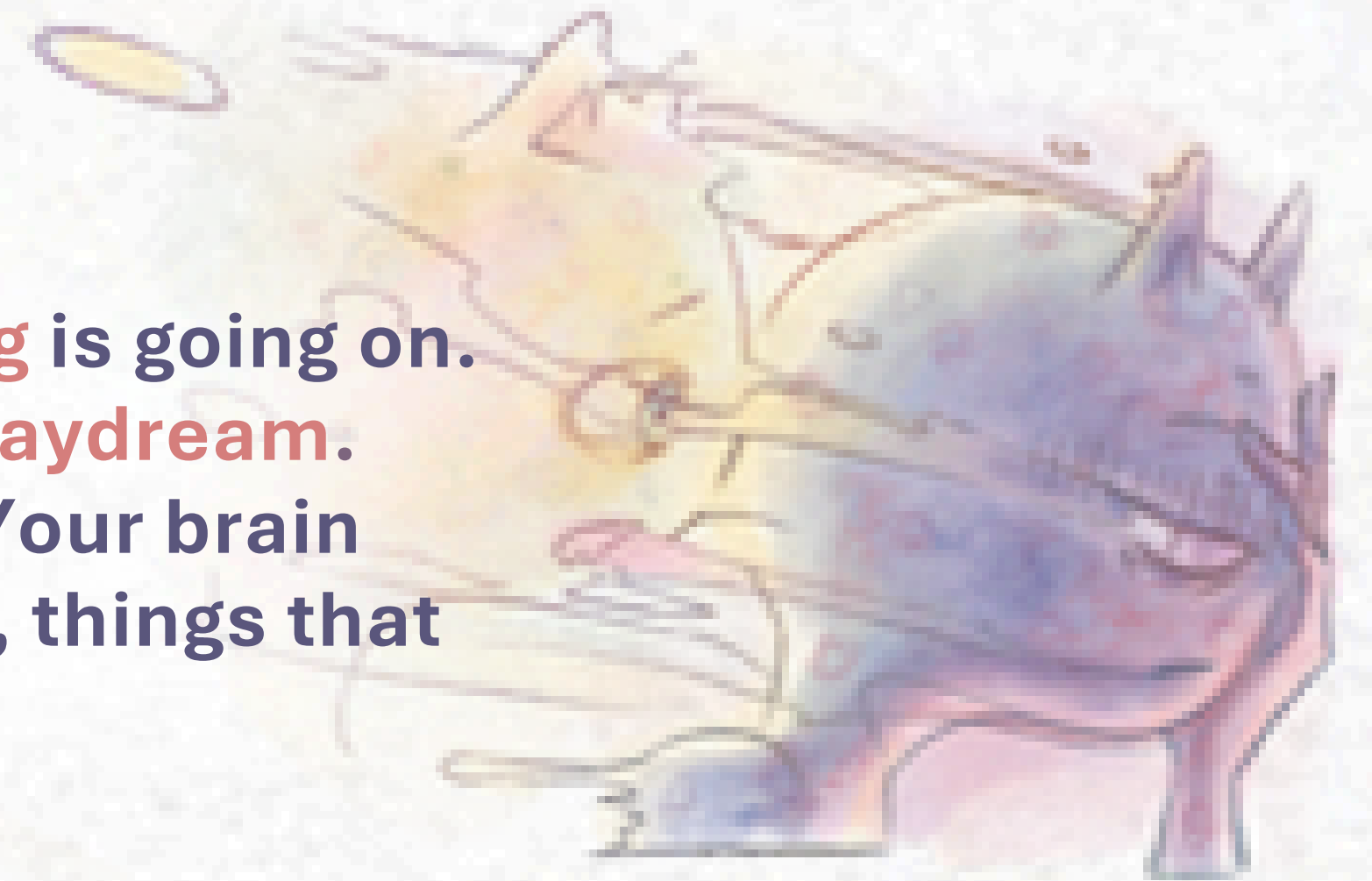
FEELING DISCONNECTED?

UNDERSTAND DISSOCIATION CHILDREN

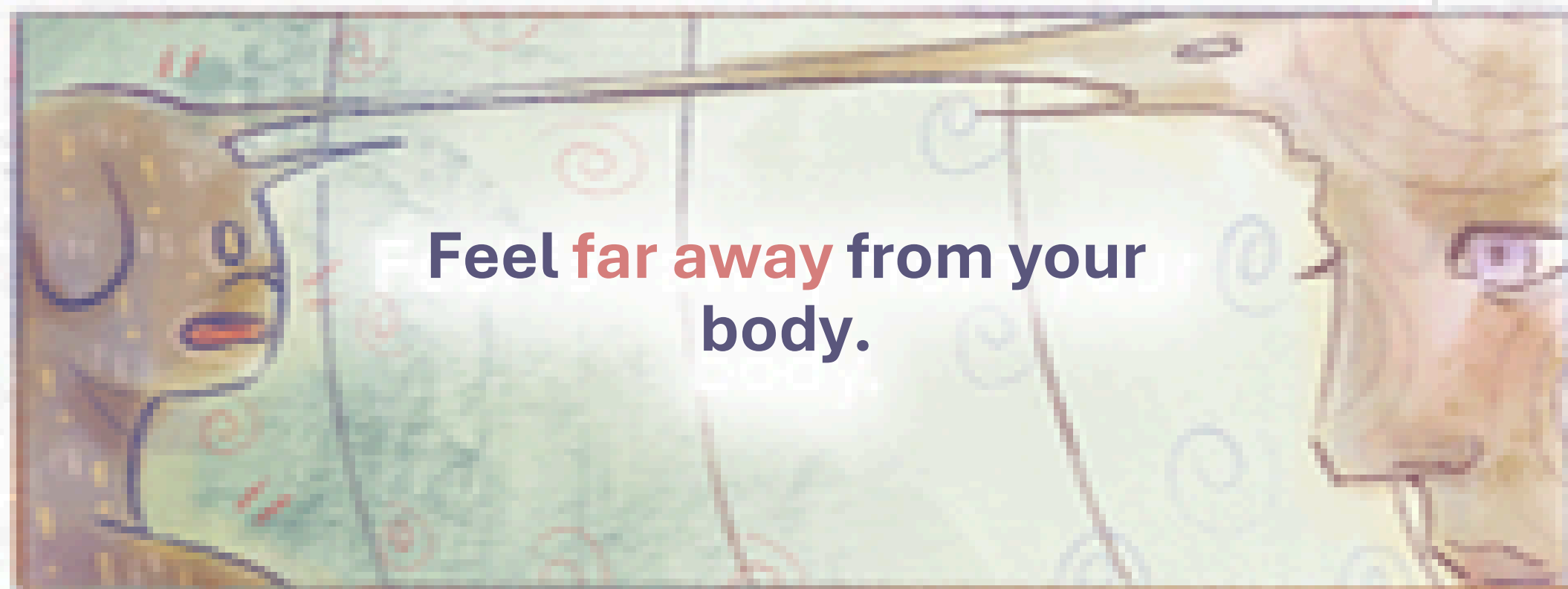
Sometimes, we can feel like we're not "here", like we're in a dream. That's something called dissociation, and it's more common than you think.

WHAT IS DISSOCIATION?

Dissociation can happen when something **really scary or upsetting** is going on. Sometimes dissociation feels like you are going in and out of a **daydream**. Dissociation can also feel like going to a **nice place** in your head. Your brain might **"switch off"** a bit to help you. Even after a scary time is over, things that remind you of that time can make your brain "switch off" again.



WHAT DOES DISSOCIATION FEEL LIKE?



HOW CAN I HELP MYSELF?

When dissociating, feel more connected again by:

• **SPLASH COLD WATER** on your face, hold an ice cube, or march in place.



• **PLAY A GAME**

Name 5 things you can see, then name 4 things you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.



• **BREATHE SLOWLY**

Try breathing in for 3 seconds, hold for 3, and breathe out for 3.

• **TALK TO SOMEONE YOU TRUST**

Like a safe adult.



FIND A SAFE ADULT.

If you feel confused, scared, or disconnected, talk to a **safe adult**. This is someone who listens, cares, and helps you feel safe. This could be a parent, grandparent, carer, aunty or uncle, teacher, school counsellor, or doctor.



YOU'RE NOT ALONE.

Lots of kids feel this way sometimes, and it's okay to ask for help. Talking to someone can make a big difference.

Need someone to talk to now?

You can call Kids Helpline on 1800 55 1800 or visit kidshelpline.com.au. The Kids Helpline is just for young people in Australia and you can speak with a safe adult.

