

Supporting children's mental health after trauma

Marissa's story

Marissa is 34 years old, a single parent of Noah who is nine years old. Marissa was in a violent relationship with Noah's father for several years before leaving him with the support of a domestic violence service.

Marissa experiences anxiety and sometimes struggles getting out of bed and keeping up the household activities. She has moved houses several times since leaving her partner, and Noah's schooling has been very disrupted. Noah witnessed much of the violence that happened to Marissa and experiences night terrors and anxiety.

Noah was kept back a year by his current school to help him gain more confidence with his literacy and numeracy skills. Some of the boys in Noah's old class teased and bullied him at school about being a 'dummy'.

Noah told his mother he didn't want to go back to school and she has allowed him to stay at home with her for over 10 days now. She wants to find new accommodation and a new school but doesn't have a job or any savings.

Marissa is feeling concerned for her son. She has experienced a violent partner, and Noah has experienced a violent father, and these issues will no doubt be influencing how she sees and approaches this problem at school.

Noah's needs for social interaction, as well as a good education, need to be addressed in a conversation that may be difficult due to Marissa's anxieties about her son. The conversation about Noah will need to be conducted sensitively.

[Follow this link](#) to watch a short three minute video of Marissa's story.

Issue with the link? Copy and paste the following into your internet browser:

<https://vimeo.com/313102553/b3c4733902>