



EARTHQUAKE RECOVERY SUPPORT for businesses and organisations

An extensive earthquake trauma and recovery support webpage

For families, friends, carers, support professionals, organisations, employers and managers. See www.skylight.org.nz

Links to the support page are on the homepage and can assist with the grief, trauma and loss support and recovery right now, and in weeks and months to come. It features key information, links, downloads, helpful articles and support resources relating directly to loss, disaster, trauma, bereavement and grief - for people of all ages.

A free, practical handbook for businesses - WHEN TRAUMA AND GRIEF COME TO WORK

Available for download from Skylight's website – [click here](#).

Hard copies are available on request. Phone 0800 299 100 or email rs@skylight-trust.org.nz

Earthquake Support Phone Counselling

Available – free – 0800 299 100, during the hours of 9am – 5pm weekdays This will be delivered by professionals experienced in trauma and grief support.

Training and Workshops

Skylight can offer training to government staff, businesses, front line professionals or community workers to better equip them with the skills required to effectively support those impacted by the earthquake and its aftermath, and to look after themselves. Topics can include:

- trauma
- PTS – post traumatic stress
- grief
- survivor guilt
- vicarious trauma and grief
- self care
- professional resilience
- starting conversations around difficult topics

You can request a personalized support pack for your own family, staff, and clients, tailor made for their particular circumstances, which will be posted. We have a wide range of specialised support information relating to earthquakes, disaster and trauma. Skylight can be contacted on **0800 299 100** or **+64 4 939 6767** or by email rs@skylight-trust.org.nz.

We have a wide array of resources relating to bereavement, disaster and trauma that can be purchased by phoning us directly. We will give you priority and will process the order as quickly as possible. Please see our [online shop](#).

Skylight is totally committed to helping in any way we can and we send the Canterbury community our encouragement and sympathies.

Skylight has previously assisted with disaster recovery in Victoria (bushfires) and Queensland (floods), as well as the Pike River Mine disaster and September 4th earthquake in Canterbury.

www.skylight.org.nz

0800 299 100