

Do you need someone to talk to after the earthquake catastrophe in Turkey and Syria?



The earthquake catastrophe that struck Turkey and Syria shocks and horrifies us all. In our Municipality, there reside many who have acquaintances and loved ones from the affected areas. They may have a need to talk to someone, or to receive help in other ways. Trondheim Municipal Authority is establishing its own emergency number for people who need help and support in a difficult time.

Trondheim Municipal Authority's assisting services stand ready to receive inquiries regarding various forms of help and support for those who are now in a difficult situation, or who need assistance and help in other ways.

We have qualified professionals in place, whom you can contact if you are having a difficult time because of the earthquake catastrophe.

For adults over 18 years

When there are natural catastrophes, one has little control over the situation. It is chaotic and difficult to get information on family and friends. One can feel helpless. We all react differently to crises, but many of us feel stressed, restless, afraid or numb. Lasting worry can make it difficult for us to sleep. For some, a catastrophe can bring back difficult memories or traumas from similar incidents, in which one was involved.

If you find it difficult to manage your thoughts or feelings in connection with the earthquake catastrophe and want to talk to someone, please contact the sorrow/crisis team at the Unit for Mental Health and Substance Abuse Problems at 47 61 59 68. The line is open from 9:00 a.m. to 3:00 p.m. Monday through Friday.

If you are already receiving follow-up from your contact person at the Refugee Health Team, you can contact them at 72 54 70 80, between 9:00 a.m. to 3:00 p.m. Monday through Friday.

For children and youth under 18 years

Children often follow adults' conversations and may worry about family and friends in the area affected by the earthquake. Children do not have the same level of life experience as adults to manage the thoughts or feelings. When children become afraid, it is usual for them to develop sleeping problems, become restless, lose their appetite, be afraid of being alone and not want to be apart from their parents. These reactions usually go over on their own.

Children and youth can have a need for both information and extra follow-up. We recommend that parents (or children/youths themselves) contact someone they know at school or preschool, or directly contact the Child and Family Services (CFS) office in their district of town (8:00 a.m. – 3:30 p.m.).

Heimdal district office: 72 54 50 50

Østbyen district office: 48 04 04 44

Midtbyen district office: 72 54 07 18

Lerkendal district office: 72 54 06 00

Parents or children/youths can also contact the sorrow/crisis team at the Unit for Mental Health and Substance Abuse Problems by telephone at 47 61 59 68, between 9:00 a.m. and 3:00 p.m. Monday through Friday.

Other relevant organisations you can also contact, if you need someone to talk to:

Help Telephone (Mental Health): 116 123. The line is open around the clock, every day, all year. Through Mental Health's webpage, you can also make contact through utilising the service's chat-function.

SOS Telephone: 22 40 00 40. The line is open around the clock, every day, all year. SOS Telephone's webpage also has a chat-function.