



DELIA MEMORIAL SCHOOL (BROADWAY)
PARENT-TEACHER ASSOCIATION
地利亞修女紀念學校(百老匯)

29th November 2025

Dear Parents,

Mental Health Advice

The **Parent-Teacher Association (PTA)** informs you the EDB has issued an advice on handling mental health matters. This is for parents to help students cope with the Tai Po fire incident. We attach the advice for your reference.

We also express deep sadness and concerns regarding the Tai Po fire.

Sincerely,

Ms. Samina Rehmat
Chairperson, PTA
Delia Memorial School (Broadway)



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親愛的家長：

教統局因應大埔五級火的慘劇，向學校發出了相應的指引，幫助教師及家長如何處理學生/子弟因是次火警而引起的心理影響。現將該指引轉發給家長，以供參考。我們亦因是次火警深表悲痛和關切。

祝 大家身心健康。

誠摯致意，

Samina Rehmat 女士

家長教師會主席

地利亞修女紀念學校（百老匯）

How to help your children cope with the Tai Po fire (for parents' reference)

The recent serious fire in Tai Po, with its details, photos, and footage widely reported in the media, may cause anxiety, fear, or insecurity in children who learn of it, worrying about their own safety, that of their family, or friends. In the face of a crisis in the community, it is crucial for parents and school staff to help children feel safe, listen to their feelings, and strengthen their resilience.

Because everyone's background and experiences are different, their psychological reactions to sudden misfortunes also vary. Parents can observe whether their children exhibit sudden changes in their physical, cognitive, emotional, behavioral, and social aspects, for example:

Common initial responses after a crisis

Physiological aspects	Cognitive aspects
<ul style="list-style-type: none">Physical discomfort (such as headache, gastrointestinal problems, etc.)Changes in eating patterns (such as a sudden increase or decrease in food intake)Difficulty in sleepingTired, lacking energyFeeling tense (such as rapid heartbeat, sweating, muscle tension, etc.)	<ul style="list-style-type: none">Seeing or hearing reports of traumatic accidents makes me feel very panicked.The traumatic event scenario kept flashing through my mind.Often thinking back to the scenes of the traumatic accident, and even feel a sense of identification with the perpetrator.Becoming forgetful, or experiencing memory loss.Difficulty in concentrating, mental confusion, and reduced judgment or decision-making abilities.
Emotional aspects	Behavioral aspects
<ul style="list-style-type: none">Feeling sad (e.g., sullen, quiet).Feeling panicked, lacking a sense of security, or easily startled (e.g., fear of the dark, monsters, strangers, etc.)Feeling angry, disappointed, guilty, and helplessEmotionally unstable and prone to fluctuations (such as easily becoming irritable, angry, crying, or throwing tantrums).feel numb	<ul style="list-style-type: none">Repetitive behaviors, such as repeatedly reenacting scenes of the traumatic event in play, constantly bringing up the traumatic event, or repeatedly asking questions related to death, etc.Avoiding contact with things related to traumatic accidentsActing rashly and recklessly, they are prone to causing trouble.Regressive behaviors, which are inconsistent with age (such as bedwetting, thumb sucking, speech difficulties, poor personal hygiene, and shirking responsibility).Academic performance or schoolwork is declining, or the student is unwilling to go to school.Being not interested in the things that usually enjoy doing.
Social aspects	
<ul style="list-style-type: none">The child exhibits or displays more dependency behaviors than usual (such as frequently clinging to parents or caregivers and fearing separation from them).Prone to conflict with othersAlone and unwilling to interact with others.	

Counseling advice

Parents may consider the following suggestions

Listening

- Spend more time talking with your children, patiently listening to and understanding their feelings (e.g., anxiety, fear, panic), and letting them know that these feelings are normal.
- Try to maintain a kind and understanding attitude, avoiding criticism or lectures.
- Never tell your children "don't talk about it" or "don't mention it again." Forcibly suppressing feelings of unease can cause longer-lasting harm.
- Encourage your children to ask questions at any time, and explain any potentially incorrect information to them.
- Share your own feelings with your children, helping them understand that everyone reacts differently, and there's no need to worry excessively about their own reactions; usually, they will calm down after a while.

Helping Children Manage Anxiety

- Avoid repeatedly watching or reading related news or websites.
- Tell children escape routes, show them the location of smoke detectors, and teach them what to do if the alarm sounds.
- If images of the event keep replaying in their minds, encourage them to replace them with favourite images or relaxing moments, such as recalling a pleasant trip, a favourite movie or TV series, or a favourite scenic spot.
- When children feel stressed, help them relax by engaging in appropriate physical activity and light, relaxing activities, such as breathing exercises.

Lead by Example

- Parents must remain calm and relieve stress, setting a good example for their children.
- Avoid feigning composure while behaving panicked, as this will only deepen their children's doubts.
- Avoid discussing the incident with others in the presence of your children, as this will only cause them distress and anxiety.

Provide a safe environment:

- Spend more time with your children, making them feel accepted and loved. If necessary, accompany them to sleep, or when they go to bed, avoid turning off all the lights; leave the bedroom door open to enhance their sense of security.
- Maintain daily routines and family activities as much as possible.
- Allow your children to express their feelings and opinions.
- Arrange activities that are beneficial to their physical and mental well-being, and encourage them to focus their attention on other things.

In most cases, with the support of family, teachers, and peers, these common reactions will subside within days to weeks. Parents are advised to continuously monitor the impact of the crisis on their children and provide appropriate support. If they observe more severe reactions (such as reactions that significantly interfere with their daily lives, reactions that are excessively intense or escalated, or inappropriate coping behaviors), they should seek counseling or professional support.

If needed, you can also refer to the community resources and helplines on the "Student Mental Health Information Online" website for professional support.

Please visit: "Mental Health@School" website > Early Identification at Selective Levels > Community Resources and Helplines

https://www.edb.gov.hk/attachment/en/student-parents/crisis-management/helpline-community-resources/community-resources-and-helpline_e.pdf

Other related resources:

<https://hkps.org.hk/upload/publications/25/pdf-1/69280eaff0466.pdf>