

The Role of Parents in Supporting Students' Mental Well-being in Times of Crisis and Emergency

March 2026 Awareness Bulletin

**Student Protection and Care Department –
Department of Schools and Student Affairs**

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Introduction

In times of crises and emergencies (such as accidents, natural disasters, health crises, unexpected school-related issues, or impactful community events), and in light of the rapid developments and events occurring globally and regionally — often accompanied by widespread media coverage — parents serve as the primary source of psychological security for their children.

A child's psychological response is shaped not only by the event itself, but also by the way their parents respond to it.





How Is a Student Psychologically Affected During Times of Crisis?

Some psychological and behavioral indicators may appear as a response to a crisis, including:

- Increased anxiety or stress, accompanied by physical symptoms.
- Repeated questions about crisis-related events.
- Disturbances in sleep or appetite.
- Silence or social withdrawal.
- Heightened emotional reactions or irritability.
- Being affected by images and videos circulated through the media.

Parental Psychological Support for Students During Crises

01 First Step: Managing Parents Emotional Responses

Children derive their sense of security from the calmness of their parents.

The more emotionally balanced the parent is, the more positive the impact on the child's psychological well-being.

- Avoid speaking with excessive worry in front of the children.
- Do not overanalyze the events.
- Use realistic reassuring phrases such as:
“The authorities are handling the situation professionally.”
“Our country is safe.”



Parental Psychological Support for Students During Crises

02 Attentive Listening

Before Providing Explanation, Guidance, or Psychological Support:

- Ask: *“What did you hear, and what do you understand?”*
- Correct any misinformation.
- Do not mock their fears or emotions.
- Do not reprimand them for reactions such as crying or agitation; instead, say:
“It is normal to feel this way. Let’s understand what is happening so we can respond appropriately.”



Parental Psychological Support for Students During Crises

03 Be Your Child's Trusted Source of Information

Provide Age-Appropriate Information

With the widespread circulation of news through mobile devices, children may be exposed to psychologically distressing content.

- Provide a truthful, age-appropriate, and simple explanation.
- Avoid shocking or graphic details.
- Limit their exposure to distressing news.
- Avoid lying or distorting the facts.

Calm and constructive dialogue aimed at increasing self-awareness and factual knowledge enhances a child's psychological sense of security.



Parental Psychological Support for Students During Crises

04 Create a Structured Daily Routine That Fits the Crisis Situation

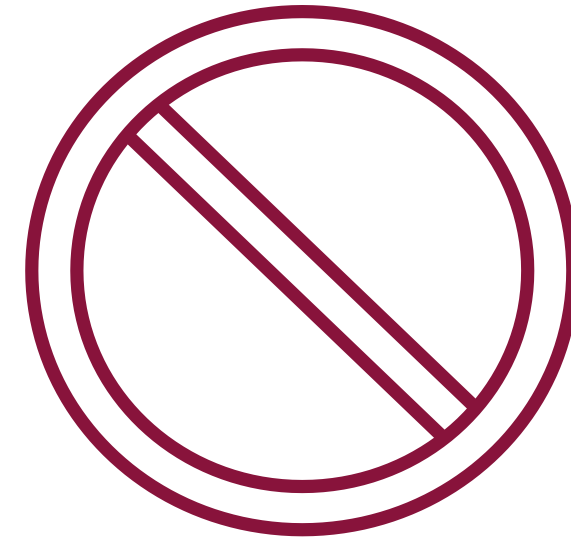
Maintaining a safe daily routine enhances a child's psychological security and sense of reassurance. Examples include:

- Maintaining school attendance and participation in remote learning
- Keeping regular sleep schedules and creating a suitable environment
- Engaging in family or group home activities
- Following instructions and guidelines issued by the relevant authorities

 **Warning alerts** should be used to build trust, preparedness, and readiness—not to cause panic or anxiety.



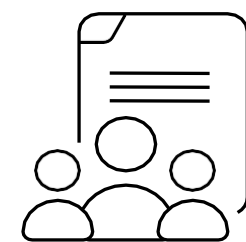
Behaviors to Avoid in Front of Children



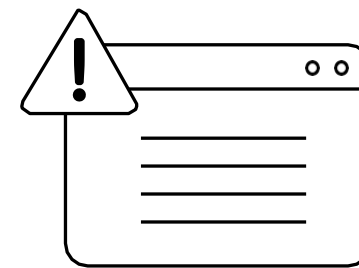
◆
Forcing
Children to
Ignore or
Suppress
Their
Emotions



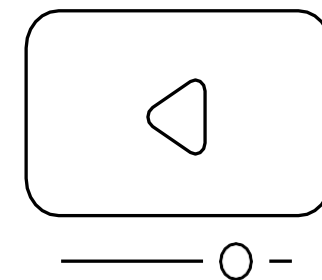
◆
Constantly
Talking About
Catastrophic
Scenarios



◆
Spreading
Rumors and
Disturbing or
Shocking
Videos



◆
Watching
Violent News,
Especially
Related to
Crisis Events



When Should We Seek Professional Psychological Support?

It is necessary to contact a psychological specialist if:

- Panic attacks or continuous crying occur
- Anxiety increases, accompanied by physical symptoms
- The student becomes overly clingy or hypersensitive
- There is neglect of academic or social responsibilities





The State of Qatar will remain a country of institutions and the rule of law, committed to its international obligations. Qatar has worked, and continues to work, to promote peace, security, and stability, and supports dialogue as a means to resolve conflicts.

— **Sheikh Tamim bin Hamad Al Thani**
United Nations General Assembly – 72nd
Session, September 2017





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