

The first version of the Rising Tide project, co-authored by registered psychologist Julie Burgess and specialist educator Sarina Dickson, came about to meet the needs of the children of Canterbury following the devastating Canterbury earthquake sequence. Initially it was called the Worry Bug project and was just two books for 8 000 families. The aim of the project was, and continues to be, to provide support resources to schools and families to address mild to moderate anxiety.

The project, and its resources, grew and grew with support from generous NGO funders. The suite of books and support resources have been used by over 80 000 families following natural and man-made disasters throughout New Zealand and internationally.

The resources continue to evolve and are added to in consultation with the communities within which they are used.

All of the story-based resources, videos and family and school activities are now fully funded by the New Zealand Red Cross to access digitally via www.risingtide.co.nz