

### Police

(Devon & Cornwall Constabulary)

Telephone: **0845 2777 444**

**www.devon-cornwall.police.uk**

If you have further information about the incident

### Samaritans

Telephone: **0845 79 09 090**

**www.samaritans.org.uk**

Confidential, non-judgmental emotional support

### The Compassionate Friends

Telephone: **0845 232 304**

**www.tcf.org.uk**

Organisation of bereaved parents offering shared experience

### UK Trauma Group

**www.uktrauma.org.uk**

Selection of material about post traumatic stress

### Victim Support

Telephone: **0845 30 30 900**

**www.victimsupport.org.uk**

Practical help and advice following crime

### World Faiths

Telephone: **01872 252 883**

RCH Treliske Hospital duty Chaplain who can offer pastoral support, or provide a contact for someone from your own Faith

For more information about this leaflet contact Emergency Management

Tel: **0300 1234 100**

Email: **emergencymanagement@cornwall.gov.uk**

This leaflet is also available as a download from the Cornwall Council website

If you would like this information in another format please contact:

Cornwall Council  
County Hall  
Treyew Road  
Truro TR1 3AY

Telephone: 0300 1234 100

Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk)

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



# Who can I contact for assistance after an incident?

Information and help



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**This leaflet has been put together to assist you, your family or friends after an incident**

**These organisations may be able to give you more information or offer help after you have returned home**

**This may be in the days following the incident or a few months down the line**

**If you contact a group but do not find it helpful in your circumstances, don't give up, the organization may not have been right for you**

**It is never too early or too late to get help - the hard thing is to recognise or admit that you need it**

## **For longer term help from the Government**

The Department for Culture, Media and Sport has responsibility within the Government for coordinating support to UK victims of major disasters

Telephone: **020 7211 6200**

**[www.culture.gov.uk/what\\_we\\_do/Humanitarian\\_assistance/](http://www.culture.gov.uk/what_we_do/Humanitarian_assistance/)**

E Mail: **[hau@culture.gsi.gov.uk](mailto:hau@culture.gsi.gov.uk)**

**Humanitarian Assistance Unit  
DCMS  
2-4 Cockspur Street  
London  
SW1Y 5DH**

## **Longer term care**

Counselling is available both privately and through the National Health Service (NHS). Most people who have experienced a traumatic event find that their symptoms get better over time. If symptoms do not improve after 4-6 weeks and continue to concern you, please contact your local GP.

If this incident has left you needing additional financial support, or you would like to know about local support services, your local authority Adult Care and Support or Schools, Children and Families services (formerly Social Services) can provide advice. If the incident occurred away from home, notify your local authority on your return.

### **Cornwall Council**

Telephone: **0300 1234 100**  
**[www.cornwall.gov.uk](http://www.cornwall.gov.uk)**  
or your own Local Authority

### **NHS Direct**

Telephone: **0845 4647**  
24 hour helpline for advice on health

### **Local Television/Radio**

For local information and advice

## **Support groups & caring organisations**

### **ASSIST Trauma Support care**

Telephone: **01788 560 800**  
**[www.traumatic-stress.freeserve.co.uk](http://www.traumatic-stress.freeserve.co.uk)**  
Offer support and self-help in surviving trauma

### **British Red Cross**

Telephone: **0844 412 2804**  
**[www.redcross.org.uk](http://www.redcross.org.uk)**  
The BRC responds to emergencies from major incidents to evacuation, floods and fires.

### **Charity Commission**

Telephone: **0870 333 0123**  
**[www.charity-commission.gov.uk](http://www.charity-commission.gov.uk)**  
Can offer advice on setting up support groups

### **Citizens Advice Bureau:**

Telephone: **0207 270 1500**  
**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**  
They help people resolve their legal and other problems by providing free, independent and confidential advice

### **Cruse Bereavement Care**

Telephone: **0844 477 9400**  
**[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)**  
Offers counselling and advice

### **Disaster Action**

Telephone: **01483 799 066**  
**[www.disasteraction.org.uk](http://www.disasteraction.org.uk)**  
Independent advocacy and advisory service

### **Doctor**

Ask your GP who can refer you to a counsellor to talk about how you feel

### **Foreign and Commonwealth Office**

Telephone: **0207 270 1500**  
**[www.fco.gov.uk](http://www.fco.gov.uk)**  
If you have been affected by an overseas disaster

### **National Institute for Health & Clinical Excellence (NICE)**

**[www.nice.org.uk/CG26](http://www.nice.org.uk/CG26)**  
Guidance on Post traumatic stress disorder

### **Penhaligon's Friends**

Telephone: **01209 210 624**  
**[www.penhaligonsfriends.org.uk](http://www.penhaligonsfriends.org.uk)**  
A charity in Cornwall supporting bereaved children, young people, parents and carers