

Outlook Southwest

Telephone: **01208 871414**
www.outlooksw.co.uk

An independent agency providing qualified and experienced psychologists in the South West of the UK

Penhaligon's Friends

Telephone: **01209 210 624**
www.penthaligonsfriends.org.uk

A charity in Cornwall supporting bereaved children, young people, parents and carers

Police

(Devon & Cornwall Police)
Telephone: **101**

www.devon-cornwall.police.uk

If you have further information about the incident

Samaritans

Telephone: **0845 7909 090**
www.samaritans.org

Confidential, non-judgmental emotional support

The Child Death Helpline

Telephone: **0800 282 986**
www.childdeathhelpline.org.uk

A service for all those affected by the death of a child

The Compassionate Friends

Telephone: **0845 123 2304**
www.tcf.org.uk

Organisation of bereaved parents offering shared experience

The National Association of Bereavement Services

Telephone: **0207 247 1080** (24hrs)
Gives support and information to bereaved people

Victim Support

Telephone: **0845 3030 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
www.cornwall.gov.uk

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Who can I contact for assistance after an incident?

Information and help



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 organisation 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**

Longer term care

Counselling is available through the National Health Service (NHS). Most people who have experienced a traumatic event find that their symptoms get better over time. If, however, symptoms do not improve and continue to concern you, please contact your Doctor.

If this incident has left you needing 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.

Useful contacts

Cornwall Council

Telephone: **0300 1234 100**

www.cornwall.gov.uk

or your own Local Authority

NHS 111 Service

Telephone: **111**

24 hour helpline for advice on health

Local Television/Radio

For local information and advice

Support Groups and Caring Organisations

ASSIST Trauma Care

Telephone: **01788 560 800**

www.assisttraumacare.org.uk

Offer support and self-help in surviving trauma

Charity Commission

Telephone: **0870 333 0123**

www.charitycommission.gov.uk

Can offer advice on setting up support groups

Citizens Advice Bureau

Telephone: **08444 111 444**

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** (not 24hr)

www.cruse.org.uk

Offers counselling and advice

Disaster Action

Telephone: **01483 799 066**

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

If you have been affected by an overseas disaster