

Support for people affected by terrorist attacks in the UK

Support for children

Childline have an online resource that offers information and tips on dealing with any fears children might have about a terrorist incident. You can find this by searching 'Childline terrorism support' online. Children can also get support from a counsellor by calling 0800 1111.

Charitable Funds

Following a terrorist attack in the UK, charitable funds may be raised to help people who have been affected. Each attack is different. Details of any funds will emerge over the days and weeks following an attack, and these will be shared on the victims of terrorism website, given at the front of this leaflet.



Compensation

Anyone who has been directly affected by a terrorist incident can find out about applying for compensation through the Criminal Injuries Compensation Authority (CICA) helpline on 0300 003 3601. You can also search 'compensation criminal injury' on gov.uk. You can request support in applying to the scheme through

your local police and crime commissioner. Contact details are available from the Victims Information Service on 0808 168 9293.

Foreign nationals in the UK

Foreign nationals in the UK affected by an incident may wish to contact their embassy, high commission or consulate, who may also be able to provide information or assistance. Search 'foreign embassies' on gov.uk to find a list of embassies and their contact details.

Dealing with attention from the media

After a terrorist incident, the media may be interested in speaking to you. Sometimes, communicating with the media in a controlled way can be a positive experience. But you do not have to talk to the press if you don't want to. Many UK newspapers are members of the Independent Press Standards Organisation (IPSO), which means they must not engage in intimidation, harassment or persistent pursuit. You can contact IPSO on 0300 123 22 20. There is more advice on the victims of terrorism website, given at the front of this leaflet.



This leaflet contains information on where to seek advice and assistance following a terrorist attack in the UK. Further detail is available on the website victimsofterrorism.campaign.gov.uk, which is updated regularly.



Emotional and practical support

Victim Support

Victim Support operates a 24/7 confidential Supportline, offering specialist support for anyone who feels affected by terrorist attacks. The number is [0808 168 9111](tel:08081689111) and is free to call. Victim Support can provide immediate and longer term support through their local services, which can be accessed at any time after the attack. For further information go to victimsupport.org.uk.



Samaritans

Samaritans offer emotional support and a safe place to talk at any time. The number is 116 123 and is free to call from any phone or you can email jo@samaritans.org.

Bereavement Support

Cruse Bereavement Care is a national charity that supports adults, young people and children when someone dies, whatever the circumstances. They offer face-to-face, telephone, email and website support. Their free phone helpline is 0808 808 1677 and is open Monday to Friday. You can also email them on helpline@cruse.org.uk. More information on all their services is available at cruse.org.uk.

Mental health support

Having an emotional reaction to a major incident like a terrorist attack is normal and people may experience a range of emotions that can vary in severity. What is important is to recognise that these are normal responses to making sense of major events. While they can be incredibly distressing, many of these feelings are likely to reduce over time.

If your experiences and feelings are severe, or last for longer than 4 weeks, you may require more support. There are treatments available through the NHS to help people deal with the effects of very distressing events. Please visit your GP who will be able to provide advice. You can also call 111 for non-emergency medical advice.

The NHS have a leaflet with information on how you may expect to feel in the days and months ahead, and how you can understand and have more control over your experience. You can find this if you search 'NHS coping with stress following a major incident' online.



Regional services

If you live in England you can contact your local 'improving access to psychological therapies' (IAPT) service to be assessed for NHS psychological treatment. Find information on your local IAPT services by visiting nhs.uk and searching 'IAPT services'.

If you live in Northern Ireland and you're in need of psychological support after witnessing an attack you should make urgent contact with your GP. If you or someone you know appears to be in mental health crisis, you should immediately contact Lifeline on 0808 808 8000.

If you are in Scotland, Breathing Space offers free and confidential advice for people experiencing low mood, depression or anxiety, whatever the cause. They can be contacted on 0800 83 85 87.

The Wales Terrorist Attack Support Helpline provides a confidential listening, emotional support and signposting service. Freephone 0800 107 0900 or text the word 'help' to 81066.

