

Other people who can help now or in the future:

After Trauma - aims to provide a community for patients and families to rebuild lives and support each other after experiencing a traumatic injury.

<http://www.aftertrauma.org/>

ASSIST Trauma Care - employs experienced therapists trained to work with Post Traumatic Stress Disorder (PTSD) and the after-effects of trauma in line with current evidence-based practices.

<http://assisttraumacare.org.uk/>

British Red Cross – the British Red Cross helps people in crisis, wherever and whenever they are.

<https://www.redcross.org.uk/>

Child Bereavement UK – this site offer support to children and families who have experienced a sudden death including accidents, suicide and homicide

<https://childbereavementuk.org/sudden-death-including-accidents-suicide-and-homicide>

Childhood Bereavement Network – this site offers support about talking to children about a frightening event

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/major-incidents.aspx>

Childline - is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. You can talk to us:

Tel: 0800 1111

<https://www.childline.org.uk/>

citizenAID – a UK charity empowering the public to save lives

<https://www.citizenaid.org/>

Cruse Bereavement Care – we offer support, advice and information to children, young people and adults when someone dies.

Tel: 0808 808 1677

<https://www.cruse.org.uk/>

To find contact details for Cruse Bereavement Care in Derbyshire:

Tel (Chesterfield): 01246 550080

Tel (Derby): 01332 332098

<https://www.cruse.org.uk/get-help/local-services/east-midlands/derbyshire-and-east-staffordshire>

Derbyshire Bereavement Hub – if you think you need support this website can provide you with information and links to organisations and services for bereaved people (of all ages) in Derby city and Derbyshire:

<http://derbyshirebereavementhub.co.uk/>

Derby City Council, mental health pages – the following pages cover mental health in the Derby city area:

Adults: <https://www.derby.gov.uk/health-and-social-care/joint-strategic-needs-assessment/jsna-working-age-adults/mental-health/>

Children and young adults: <https://www.derby.gov.uk/education-and-learning/special-education-needs-disabilities/diagnosis/mental-health/>

Derbyshire County Council, Mental health and wellbeing – a number of pages talking about mental health and wellbeing which may help following a major incident

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/mental-health-and-wellbeing.aspx>

Derbyshire Healthcare NHS Foundation Trust – provides health services to children and families, people with learning disabilities, people experiencing mental health problems and people with substance misuse needs. They are committed to making a positive difference in people's lives by improving health and wellbeing.

<http://derbyshirementalhealthservices.nhs.uk/>

Derbyshire Victim Services – are an independent charity working across Derbyshire to support victims of crime. They work as part of the Police and Crime Commissioner's CORE team. This is a group of organisations that have agreed to work together to give the best possible support to victims of crime. All of these services are provided to you free of charge.

<http://derbyshirevictimservices.co.uk/>

Disaster Action – this website provides resources and information for the bereaved and survivors of major disasters that occur in the UK and overseas. All the resources and leaflets came about through our survivor and bereaved members' experience of over 30 different disasters.

<https://www.disasteraction.org.uk/>

Foreign & Commonwealth Office (FCO) – if the attack has affected foreign nationals, the FCO Protocol will liaise with the relevant embassies on your behalf.

<https://www.gov.uk/government/organisations/foreign-commonwealth-office>

Headspace - is an online healthcare company, specialising in meditation.

<https://www.headspace.com/register>

Mind – provide advice and support to empower anyone experiencing a mental health problem.

<https://www.mind.org.uk/>

National Society for Prevention of Cruelty to Children (NSPCC) helpline – can provide parents and carers with advice on how to speak to a child about a terrorist incident. This is also the number to dial if you are worried that a child is being radicalised or at risk of radicalisation:

Tel: 0808 800 5000

<https://www.nspcc.org.uk/>

NHS 111 service - can help if you have an urgent medical problem and you're not sure what to do.

Tel: 111

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

PAPYRUS prevention of young suicide - We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

<https://papyrus-uk.org/>

PTSD UK - exists to share information and raise awareness of Post Traumatic Stress Disorder - to help everyone experiencing PTSD.

<https://www.ptsduk.org/>

Samaritans - We're working together to make sure fewer people die by suicide. Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.

Tel: 116 123

Email: jo@samaritans.org

<https://www.samaritans.org/>

St John Ambulance – As the nation's leading first aid charity, we want to teach everyone simple, life saving skills.

<http://www.sja.org.uk/sja/default.aspx>

The Compassionate Friends – offer many different kinds of support for bereaved families. Whatever the cause of your loss, wherever you are in the UK, and whatever your circumstances – we are here to help.

<https://www.tcf.org.uk/>

Winston's Wish – support children and young people after the death of a parent or sibling.

<https://www.winstonswish.org/>

Terrorism:

Compensation for victims of terrorist attacks abroad - you may be able to claim compensation if you've been a victim of terrorism abroad.

<https://www.gov.uk/compensation-victim-terrorist-attack>

NHS mental health support: victims of terrorism – information on mental health support for victims of terrorism.

<https://www.gov.uk/government/publications/mental-health-support-in-the-first-4-weeks-victims-of-terrorism/nhs-mental-health-support-victims-of-terrorism>

Peace Foundation - the Foundation works nationally to support those affected by terrorism and conflict.

Tel: 01925 581231

Email: info@peace-foundation.org.uk

<https://www.peace-foundation.org.uk/>

Survivor Assistance Network – the ‘Survivors Assistance Network’, run by the Peace Foundation, provides free practical and emotional support to individuals and families affected by a terrorist incident. Assistance is offered via telephone, email and face-to face-visits.

Tel: 01925 581240

Email: SAN@peace-foundation.org.uk

<https://www.peace-foundation.org.uk/support/survivors-assistance-network/>

Home Office - Victims of Terrorism Unit – guidance on helplines and support available for victims of terrorism; offering immediate support for victims, witnesses and those affected

<https://www.gov.uk/government/publications/helplines-and-support-victims-of-terrorist-attacks/helplines-and-support-victims-of-terrorist-attacks>

Victims of Terrorism Unit – this page contains information on where to seek advice and assistance following a terrorist attack. It also provides details of official helplines and support services available to victims, survivors, witnesses, family members and all those affected. You can also find advice on handling media attention.

<https://victimsofterrorism.campaign.gov.uk/>