

Support for people affected by terrorist attacks overseas

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

If you have been seriously injured or bereaved by a terrorist incident overseas, you may be able to get immediate financial help from the British Red Cross Relief Fund. The fund provides a payment of £3,000 to help people in the immediate aftermath of an incident - it is not compensation for what victims have suffered. To see if you're eligible, contact the British Red Cross Crisis Response Team on CRT@redcross.org.uk.

Details of any other charitable funds which emerge over the days and weeks following attack will be shared via the victims of terrorism website, given at the front of this leaflet.



Compensation

Anyone who has been directly affected by a terrorist incident overseas can find out about applying for compensation through the Victims of Overseas Terrorism Compensation Scheme (VOTCS). You can call the VOTCS helpline on 0300 003 3601 or +44 (0) 203 684 2517 from outside the UK, or search 'compensation for victims of terrorist attacks abroad' on gov.uk.

You can ask for help about claiming by contacting the VOTCS helpline.

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.

Longer-Term Peer Support

The Tim Parry Johnathan Ball Foundation manages a peer-to-peer support network for those affected by terrorism, bringing survivors together to share their experiences and support one another. The service is free and confidential and available to all people in the UK who have experienced terrorism at home or abroad.

You can contact the Tim Parry Johnathan Ball Foundation by email at support@timjon.org.uk, phone 01925 581240, or visit the website at <https://timparryjohnathanballfoundation.org.uk/>.



This leaflet contains information on where to seek advice and assistance following a terrorist attack overseas once you return to 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 support line and live chat, offering specialist support for anyone who has been affected by terrorist attacks. Victim Support can provide immediate and longer term support through their local services, which can be accessed at any time after the attack.



If you are bereaved through murder or manslaughter and you are an immediate family member of the deceased, Victim Support can help you through the Homicide Service. You can contact the Homicide Service yourself or you can be referred by an agency or the police (for example through your Family Liaison Officer).

For further information go to VictimSupport.org.uk, where you can speak to them via live chat or call them for free on **0808 168 9111**. You can also access the Homicide Service on HSsupport@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.

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.



South London and Maudsley NHS Foundation Trust (SLAM)

The Centre for Anxiety Disorders and Trauma (CADAT) at the South London and Maudsley NHS Foundation Trust (SLAM) has been commissioned by the Home Office to provide clinical mental health support, specifically for those affected by terrorism.

Support can be provided at any time after an attack, for anyone across the UK.

SLAM can also refer those affected to local or specialist psychological support services, where required.

You can contact the clinic directly on survivorsofterrorism@slam.nhs.uk or by telephone at **0800 0902371**.

Regional services

If you live in England you can contact your local NHS Talking Therapies service to be assessed for NHS psychological treatment. Find information on your local NHS Talking Therapies services by visiting nhs.uk and searching 'NHS Talking Therapies'.

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, the Victim Support Scotland (VSS) helpline number **0800 165 1985** is open Monday to Friday 8am-8pm and 9am-1pm on Saturday (GMT). Live webchat is also functioning at this time on www.victimsupport.scot. Depending on the circumstances of your need for support or advice, VSS's Support for Families Bereaved by Crime (SFBC) can be contacted via the SFBC Service Email address: sfbc@victimsupportscot.org.uk or SFBC Service Number: **0141 260 5943**.

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**.