

Numbers to put in your phone

Grenfell Outreach

Call **020 8962 4393**, including asking for a regular follow-up call if you want.

Outreach are available overnight too from 10pm to 7am.

Talking Therapy and Emotional Support

Free and confidential NHS service for children and adults, providing support if you or your children have been affected by Grenfell, unable to sleep, having negative memories or pictures of the event unexpectedly popping into your mind, and/or feeling anxious, low, stressed or worried.

Visit grenfellwellbeing.com or google: **Grenfell Health & Wellbeing Service** or call on **020 8637 6279**.

In addition to the Grenfell Health and Wellbeing Service, the CNWL Single Point of Access is available on **0800 0234 650** (24 hours). This service provides advice, support and signposting for people in mental health crisis.

You can also contact your GP

Emotional pain and trauma are as debilitating as broken limbs, or very serious illnesses. No one would even think of not dealing with those injuries.

So much of physical wellbeing, how you function as a person, actually depends on how you feel; and when that person is also a wife or a husband, a partner, a parent, a worker, a care giver, a neighbour and a friend, other people are soon affected too.

Emotional wellbeing is as serious as it gets and this leaflet tells you how we can work with you to help.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف
Arabic

دیگر، در چاپ درشت و در فرمت صوتی موجود است.
این مدرک همچنین بنا به درخواست به زبانهای

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

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NHS

Grenfell Health and Wellbeing Service

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Wellbeing for life

“No one’s too tough to talk about the issues they’re feeling and it’s nothing to be embarrassed about, feeling a certain way. I’m feeling low, I’m feeling anxious, panic attacks. You’re not alone in that situation. Personally, what helps to take it off my shoulders is speak about it. I did not always think that was the case. I thought it best to keep it in, I’m stronger for keeping it in. I’m much stronger for keeping it to myself and dealing with it. That’s not the case. For us to look after each other, we have to look after ourselves first and then we’re able to look out for each other. Don’t bottle up your feelings and make sure that you know that we are all here to support each other.”

Zeyad Cred
Grenfell Silent Walk
14 January 2019

Zeyad’s words are completely right and very timely and in that spirit this is what the NHS offers you, when you need it.

The NHS Grenfell Health and Wellbeing Service supports people affected by the Grenfell Tower fire. The service is delivered by psychologists, nurses, social workers, therapists, and other staff.

We provide a range of talking therapies and support to help you feel better if you or your children have been affected by Grenfell, unable to sleep, having memories or pictures of the event unexpectedly popping into your mind, or feeling anxious, low, stressed or depressed.

The service is for people of any age, and works with families and individuals.

Why are we knocking on doors?

Our staff have been visiting people in their homes, going door to door, to make sure that survivors, bereaved people and local residents affected know that they can talk to and see a psychologist if they wish.



We have a brief chat to discuss your needs and refer any people who need support to the talking therapies service. If people are not ready or don’t want to use talking therapies services we can discuss other options for support.

We also need to understand the full psychological impact that the fire has had so we can plan and deliver the most relevant service.

Although Grenfell Health and Wellbeing Service is an emotional wellbeing service you can tell us about any physical health concerns you have, or need further advice about, or where to find physical health care, our staff can guide you on this, and contact relevant services, like your GP.

Please remember:

- We are easy to use, for any age group
- We totally respect confidentiality
- We respect your beliefs, culture and backgrounds
- We will provide interpreters for your preferred languages
- You can use the service as many times as is needed
- We will make changes if you tell us your views
- You are in control of your treatment.