



# Affected by the London bombings?

## How to get free NHS help

If you have been affected by the London bombings and need help, you can contact the NHS Trauma Response (London bombings) Screening Team on **020 7530 3687**.

This leaflet explains some of the symptoms that some people affected by the bombings will experience that may indicate you would benefit from psychological help.



# Life after the London bombings: a year on

The bombings on 7 July 2005 had a profound effect on many people, particularly those living and working in the London area. While some people have now recovered, many people have not yet come forward for help.

People may not have sought help for a number of different reasons such as fearing therapy, believing they would feel better with time or thinking that they were less affected than other people.

If you have not yet received help or feel that you may need more help, it is not too late to access free and confidential support services.

## Why should I seek professional help?

People who have been affected by the bombings who have not sought help may be suffering from symptoms of trauma, which can cause longer term psychological problems if left untreated.

Many people may suffer from Post Traumatic Stress Disorder (PTSD), which is a common reaction to a

traumatic event such as a terror attack. PTSD tends to manifest itself in three ways:

1. Intrusive images and memories of the traumatic event and painful emotions such as depression, guilt, anxiety
2. Avoidance of reminders of the event (e.g. painful memories, activities, places, etc)
3. Increased levels of arousal, such as concentration problems, anger, irritability, nightmares and sleep difficulties

Other problems people may be experiencing include travel phobia and claustrophobia.

## How do I know if I need help?

If you or your children are experiencing any of the symptoms above or below, as a result of the London bombings, it may be helpful to seek professional assistance.

- Sleep problems
- Fear and anxiety
- Tearfulness and sadness
- Helplessness
- Anger and irritability
- Guilt
- Concentration and memory problems

- Headaches and bodily pain
- Avoiding things that remind you of the bombings
- Feeling numb or dreamlike
- Avoiding talking about the event or needing to talk about it all the time
- Unpleasant thoughts and images

## What help is available?

The NHS Trauma Response (London bombings) Screening Team is a free and confidential service, offering help, advice and treatment to anyone with emotional problems as a result of the London bombings. The Screening Team is staffed by mental health professionals and can be contacted on **020 7530 3687** (Monday to Friday, 9am – 5pm), [NHSTraumaresponse@candi.nhs.uk](mailto:NHSTraumaresponse@candi.nhs.uk).

## What will the Screening Team do if they think I need help?

The Screening Team will ask you to fill in a short questionnaire about how you have been feeling since the London bombings. If they think you need further help, they will invite you in to have a more detailed assessment and discussion about your current difficulties. The

Screening Team will then help you to decide whether you would benefit from treatment for Post Traumatic Stress Disorder or a similar condition.

## What would treatment involve?

If the Screening Team's assessment indicates that you require treatment, you will be referred to a clinical psychologist who is an expert in proven and effective psychological treatment for trauma. Treatment can include trauma-focused Cognitive Behavioural Therapy and Eye Movement Desensitisation and Reprocessing. The treatment is designed to help you to feel more able to cope with what has happened to you or others and reduce your symptoms.

## What if I am affected by a trauma not caused by the London bombings?

The Screening Team is a dedicated service specifically for those affected by the London bombings. People who have suffered a traumatic incident and are seeking further advice and support are advised to contact their GP for further assistance.



## Organisations and support groups you may find helpful

### NHS TRAUMA RESPONSE

**020 7530 3687**

(LONDON BOMBINGS)  
SCREENING TEAM

### The 7 July Assistance Centre

Provides information and a helpline offering emotional support and practical advice to people who feel affected by the London bombings.

- Tel: 0845 054 7444  
(Monday to Friday 10am – 8pm,  
Weekends 10am – 5pm)  
[www.7julyassistance.org.uk](http://www.7julyassistance.org.uk)

### The Samaritans

Offers a 24-hour helpline for those in crisis.

- Tel: 08457 90 90 90  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Cruse – Bereavement Care

Offers counselling, advice and support throughout the UK.

- Tel: 0870 167 1677  
(Monday to Friday 9.30am – 5pm)  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

### Assist Trauma Care

Offers telephone counselling and support to individuals and families in the aftermath of trauma.

- Tel: 01788 560800  
(Monday to Friday 10am – 4pm)  
[www.assist-trauma-care.co.uk](http://www.assist-trauma-care.co.uk)

For useful information on coping with trauma, see the following websites.

- [www.istss.org](http://www.istss.org)  
[www.rcpsych.ac.uk/info/index.htm](http://www.rcpsych.ac.uk/info/index.htm)  
[www.uktrauma.org.uk](http://www.uktrauma.org.uk)

Care Services Improvement Partnership **CSIP**

The London Development Centre co-ordinates the pan-London NHS multi-agency screening, treatment and outreach service for those affected by PTSD or similar conditions as a result of the London bombings.

