

## EPPIC trauma training tool

### Sources of psychological support

If you are concerned about a patient, have been affected by this training tool or want to know more about local support services, the following people and local/national organisations can help. Note this list is correct as of October 2021. It includes links to national and Bristol based services.

**In a crisis or emergency:** call your GP, go to A&E or use the following link to [Find your local Mental Health crisis team](#) e.g. in Bristol you can contact [Bristol Mental Health crisis team](#)

**Other psychological advice and support can be obtained through the following services:**

1. **Your GP**
2. **NHS England:** call 111
3. **[NHS psychological services](#) are provided by different organisations across the UK, you can use this link to [find your local psychological therapies service \(IAPT\)](#)**  
e.g., in Bristol they are provided by **Vita Health group** and can be accessed by:
  - self-referral - call 0333 200 1893 (open: 8am – 8pm Monday to Friday, and 9am – 12.30pm Saturday)
  - ask a health professional to refer you,
  - use this online link: [Vita Health Group resources & self-referral](#)
4. Contact the [Mind national Infoline](#): tel. 0300 123 3393 or Email: [info@mind.org.uk](mailto:info@mind.org.uk) open 9am to 6pm, Monday to Friday (except bank holidays). Provides information on mental health problems, where to get help near you, treatment options, advocacy services. **Bristol Mindline** Freephone 0808 808 0330 offers a free listening service to anyone who needs to talk (open 5 nights a week, Wednesday – Sunday, 7pm – 11pm)
5. **The Samaritans** : Call Freephone 116 123 (national), email [jo@samaritans.org](mailto:jo@samaritans.org) (email response time 24 hours) or in Bristol you can call 0117 983 1000. The Samaritans offers telephone emotional support and befriending in complete confidence and are available 24 hours a day. See [Samaritans online](#) for more information (including a self-help app) on the services they offer.

**The following organisations provide injury/trauma specific support:**

6. **AfterTrauma:** provides an online community and resources (including a Recovery App) to help patients and families rebuild lives and support each other after experiencing a traumatic injury see: <https://www.aftertrauma.org/>
7. **Headway** provides help and support to people affected by brain injury, including a telephone: 0808 800 2244 (open 9-5pm Mon-Fri) and email helpline [helpline@headway.org.uk](mailto:helpline@headway.org.uk)