

Counselling and support adults

Please see below information about seeking counselling/ support for staff, parents and other adults whom may have witnessed these horrific events or whom just need someone to talk to. The rota information attached refers to a team of clinicians who have been set up to support families, adults and staff affected by the fire. Please contact this service if you feel this is needed.

The NICE guidelines suggest that the best way to cope in the aftermath of such events is to talk with familiar people spontaneously and as needed. Typically, people do not benefit from counselling in the immediate aftermath.

If needed however, the NHS has some emotional support and mental health services in west London to support people whom are feeling anxious or worried.

A self-referral form can be completed online at:
www.cnwltalkingtherapies.org.uk

There is also a telephone contact Take Time to Talk Service Kensington and Chelsea, Queens Park and Paddington
North hub (020 8206 8700) south hub (020 7349 2400)

Westminster (030 3333 0000)

The Samaritans organisation is another that may be beneficial for those whom needs someone to listen. Their contact number is (020 7734 2800)

Adult Mental Health services have a 24hour single point of access contact for people whom feel they may require more compressive support or perhaps have pre-existing difficulties
(0800 0234 650)