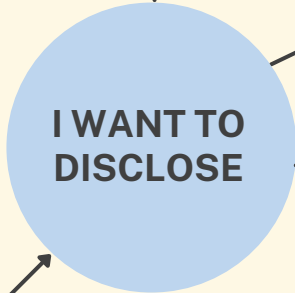




Go to the 'Legal Advice' section of NAPAC's website

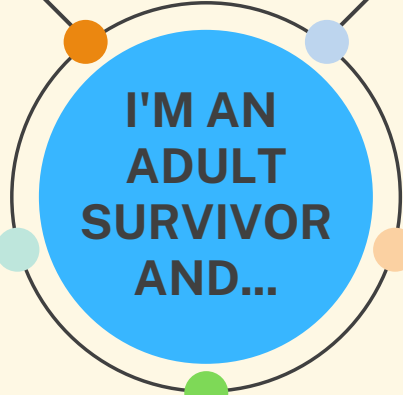


Citizen's advice can help you find free or low-cost legal representation



0808 801 0818

0808 802 9999



If you have done something dangerous, call 999 or go to A&E



116 123

Text 'SHOUT' to 85258



MIND offers useful grounding techniques



Head to our Flashbacks & Grounding page for quick tips

Try to locate a safe, calm space

Try HAVOCA



Check out CarolynSpring.com

Head to the UK Trauma Council website

Download NAPAC's free booklets

Try one of NAPAC's online learning courses

