

Hillsborough witness appeal

Support and advice

The Independent Police Complaints Commission is keen to hear from as many witnesses as possible to help build the most comprehensive picture of the Hillsborough disaster and its aftermath. However, we appreciate how difficult recounting such traumatic events will be for many people. To assist you through the process of giving your account we want to work with you to ensure your needs are met. In the short term, if you find that revisiting your experiences is causing you distress and you need some assistance, you can:

Make an appointment to see your GP

Your GP will provide you with advice, treatment options and support. They can also help you to access counselling or other services.

Visit NHS Choices This is the UK's biggest health website. It provides comprehensive health information services that put you in control of your healthcare and helps you to find services near to where you live. www.nhs.co.uk

There are many organisations, both local and national which can help you with counselling, treatment or advice. Below are some of the free services available which may help you:

Merseyside Liverpool City Council Careline **0151 233 3800**
www.liverpool.gov.uk/health-and-social-care/careline

Careline is Liverpool City Council's first point of contact for adult and childrens social care. Careline staff can be contacted on 0151 233 3800 for adult services. Staff can provide advice, signposting to other services and arrange assessments in respect of care and support needs. Careline is operational 24 hours a day 365 days a year.

National CRUSE National Helpline **0844 477 9400** www.cruse.org.uk
Cruse provides advice and support to anyone who has been bereaved, no matter how recently or long ago a loved one died.

The Samaritans National Helpline **08457 909090** www.samaritans.org
The Samaritans support anyone in distress. The service is available 24 hours a day, 365 days a year.

Contact us:



hillsborough@ipcc.gsi.gov.uk



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