After your assessment

Easy Read. For people seeing Professor White for a legal report.

1 Help now



If someone could die or is badly hurt, phone 999.



If you need help soon, phone your doctor (your GP).



If your doctor is closed, phone **111**.



In Northern Ireland, phone **Lifeline** on **0808 808 8000**.



You can talk to **Samaritans** at any time on **116 123**. It is free.



You can send a text message. Text **SHOUT** to **85258**.



Professor White's office **cannot** help in an emergency.

2 About Professor White



Professor White writes a report for the court.



He has to be fair to everyone in the case.



He **cannot** give you treatment.

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He will look after you during the meeting.

You can ask for a break at any time.

You can say if something is too hard to talk about.

If he is worried about your safety, he will tell you. He may tell your doctor.

What you tell him goes into the report. It is not private.

Questions about your case? Ask your solicitor.

3 After the meeting

You might feel tired or upset for a few days.

You might think about the bad things more.

You might sleep badly.

This is normal. It usually gets better.

If it gets worse, or you feel unsafe, phone your doctor or 111.

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4 Things that can help when you feel upset

- Breathe out slowly.
- Feel your feet on the floor.
- Look around. Name five things you can see.
- Say to yourself: "That was then. This is now. I am safe."
- Talk to someone you trust.
- Be kind to yourself.

This information is general. It does not replace advice from your GP or another health professional who knows you. Phone numbers and opening hours were last checked on 10 November 2026.

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