After your assessment

For people who have attended an assessment with Professor White for a legal report. Keep this sheet somewhere easy to find, or save it on your phone.

Need help now?

If your life, or someone else's, is in danger, or you have been seriously hurt: call 999 or go to A&E.

Urgent, but not an emergency: contact your GP practice. When it is closed:

Scotland: NHS 24 on **111** – ask for the Mental Health Hub

England: NHS **111** – choose the mental health option

Wales: NHS 111 Wales – call **111 and press 2**

Northern Ireland: Lifeline **0808 808 8000** (24 hours)

Someone to talk to, any time, anywhere in the UK: Samaritans **116 123** (free) · text **SHOUT** to **85258**

Scotland, evenings and weekends: Breathing Space **0800 83 85 87** (Monday to Thursday 6pm–2am; Friday 6pm to Monday 6am)

This practice is not an emergency service. Telephone messages and emails are not monitored out of hours.

1 In the days afterwards

Talking about painful events can stir up memories and feelings for a while. Over the next few days you may notice:

- feeling tired, drained or tearful
- the event coming to mind more often, or more vivid dreams
- poorer sleep, irritability or difficulty concentrating
- feeling on edge, low or numb

These reactions are common and usually ease within a few days. **If you feel unsafe, or your distress is getting worse rather than easing, contact your GP or use the urgent services above.**

2 Who to contact about what

- **Questions about your case, the legal process or the report go to your solicitor.** This includes any worries about how the assessment went.
- **Professor White is not providing your treatment.** His first duty is to the court. His report is not a referral for treatment: if you need help now, it is your GP who can arrange it.
- **Supporting someone else?** Breathing Space, Lifeline and Samaritans all support people who are worried about someone else.

3 Psychological first aid: simple steps for stress and distress

These are general self-help ideas, not treatment. They can help in the moment with anxiety, stress, or distress after a reminder of a traumatic event.

1. **Steady your breathing.** Breathe in gently through your nose, then breathe out slowly, a little longer than you breathed in. Repeat for a minute or two.
2. **Ground yourself in the present.** Press your feet into the floor. Name five things you can see, four you can hear or touch, three you can smell or taste.
3. **If a memory feels as though it is happening again,** remind yourself where you are and today's date: "That was then; this is now, and I am safe here."
4. **Notice and name what is happening,** for example "this is a memory". You do not have to push the feeling away.
5. **Be kind to yourself.** Speak to yourself as you would to a friend going through the same thing.
6. **Keep to the basics.** Eat regularly, keep to your routine, get fresh air or movement, and go easy on alcohol.
7. **Connect with someone you trust.** You do not need to go into detail about your case to get support.
8. **Do something that matters to you.** Once you feel steadier, a small worthwhile activity can help the feelings settle.

4 Staying safe

If you are having thoughts of suicide, or have had them before, a personal safety plan can help you get through difficult moments.

- stayingsafe.net has a free step-by-step guide, short videos and a template you can complete online or print.
- The free **Stay Alive app** from Grassroots Suicide Prevention lets you keep a safety plan on your phone. prevent-suicide.org.uk

5 Self-help resources

- **WHO – Doing What Matters in Times of Stress.** Free illustrated guide with short audio exercises. who.int (search "Doing What Matters")
- **NHS inform (Scotland).** Self-help guides on anxiety, low mood, stress, sleep and PTSD. nhsinform.scot/mental-health
- **NHS Every Mind Matters (England).** Practical tips and a personal mind plan. nhs.uk/every-mind-matters

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