

## Accident Support

In the UK, there are various counselling and support services available for individuals who have experienced a vehicle accident and are seeking emotional and psychological assistance. Here are some details about these services:

### NHS Mental Health Services:

The National Health Service (NHS) provides mental health services across the UK. You can speak to your GP (general practitioner) to discuss your mental health concerns and receive a referral to appropriate services.

NHS psychological therapy services, such as Improving Access to Psychological Therapies (IAPT), offer support for issues like anxiety, depression, and trauma. These services may offer therapies like cognitive-behavioural therapy (CBT).

### Trauma-Focused Charities:

Charities like [Brake](#) and [RoadPeace](#) provide support specifically for individuals who have experienced road traffic accidents and their families. They offer emotional support, advocacy, and resources related to road safety.

### Crisis Text Line:

[Shout](#) is a free, confidential, 24/7 text messaging support service. Text "SHOUT" to 85258 to connect with a trained crisis volunteer who can provide emotional support.

The [Samaritans](#) offer emotional support 24/7 through phone calls, emails, and face-to-face meetings. Call 116 123 for free or email [jo@samaritans.org](mailto:jo@samaritans.org).

[Mind](#) is a mental health charity in the UK that provides information, resources, and support for various mental health concerns. Visit their website ([mind.org.uk](http://mind.org.uk)) for information on local services, including support groups.

### Local Mental Health Services:

Many areas have local mental health organisations that offer counselling and support. These organisations might provide one-on-one counselling, therapy groups, and workshops.

Rethink Mental Illness offers support and advice for individuals affected by mental health conditions. Their website provides resources and information about different types of support available.

If you're employed, check with your employer to see if they offer an Employee Assistance Program. EAPs often provide counselling and support services to employees and their families.

Online counselling platforms like BetterHelp and Talkspace offer virtual counselling sessions with licensed therapists. These platforms allow you to access support from the comfort of your own home.

You can also seek out private therapists or counsellors who specialise in trauma, anxiety, and other mental health concerns. Make sure to verify their qualifications and credentials.

When seeking counselling and support services, consider factors such as convenience, cost, and the specific type of support you need. Remember that you're not alone, and reaching out for help is an important step toward healing and recovery.

#### Contact Details

Brakes - 0808 8000 401

RoadPeace - 0800 160 1069

Shout – Text Shout to 85258

Samaritans – Call 116 123

Mind – 0300 123 3393

BetterHelp - <https://www.betterhelporg.com/>

Talkspace - <https://www.talkspace.com/>