



Here for you

The Inquiry has restarted its work and some people may feel upset or affected by information they hear during the proceedings.

The Inquiry may bring up a mix of emotions such as feelings of loss, sadness, anger, and people may relive symptoms of trauma like remembering what has happened. Everyone is different and may have a different experience.

If you or someone you know need to talk, please get in touch:

- Call us direct on our helpline at **020 8637 6279**
(Monday to Friday, 8am to 8pm)
- For urgent and out of hours support, call the CNWL Urgent Advice line on **0800 0234 650**
- Refer yourself on our website **www.grenfellwellbeing.com**
- Speak to your NHS therapist (if you are seeing or have seen someone).