

# A HELPING HAND





## We understand...

that witnessing events can be shocking and upsetting. These feelings are natural and can last for a few weeks.



If they don't settle down or you feel that you need help now, there are a number of places where you can find support.

If you would like to speak to someone, you can contact your GP or the following services:



 116 123  
 [samaritans.org](https://www.samaritans.org)



 0800 838587  
 [breathingspace.scot](https://www.breathingspace.scot)

For more advice on coping with stress and distress:  
<https://www.nhsinform.scot/youmatterwecare>

Our **Home Fire Safety Checker** helps you check how safe your home is and it only takes a few minutes.

Simply complete the online questions, then download your tailored guidance PDF for your home.



It gives you additional information on how to help keep you and your family safe.  
[firescotland.gov.uk](https://firescotland.gov.uk)

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