

# Support for victims of road harm in London

Delivered by:



Supported and funded by:



**M O P A C**

**MAYOR OF LONDON**  
OFFICE FOR POLICING AND CRIME

In partnership with:



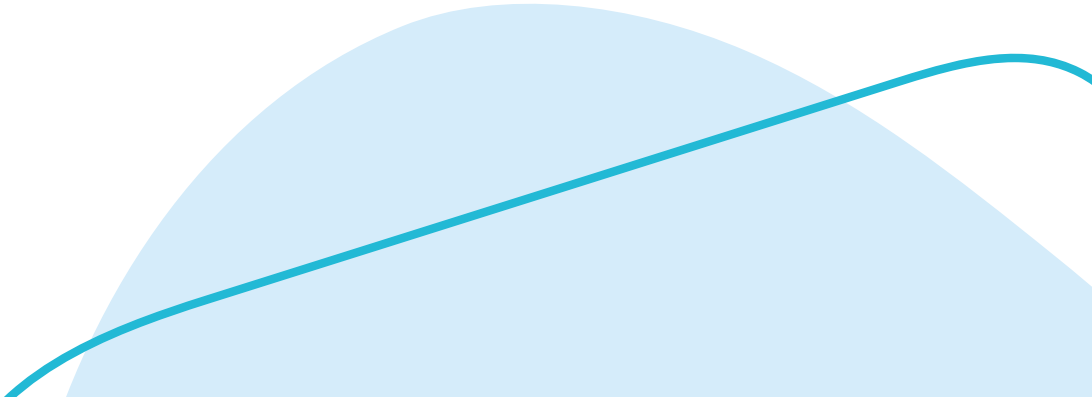
We're giving you this information because you have sadly been bereaved or injured as a result of a road crash. We are so sorry you're going through this.

The police in London are working with Brake's National Road Victim Service and RoadPeace, the national charity for road crash victims, to offer a free support service.

We know how distressing and overwhelming this experience is and want to make it as easy as possible to get the support you need.

Brake and RoadPeace can help you and your loved ones in different ways, depending on your needs and what feels right for you.

## **What happens next?**

- With your consent, the police will give your contact details to Brake and RoadPeace
  - Brake will offer a safe, confidential space for you to talk to one of their experienced team. They will contact you within five working days of receiving your details and you'll be allocated a caseworker
  - RoadPeace will contact you to tell you about their peer-to-peer support services, including a London support group and a resilience building programme
- 

Brake can assign you a professional caseworker, who will help from day one onwards, for as long as you need – in person, over the phone or by email. Your caseworker can:

- Provide emotional and practical support, including help navigating the justice system
- Advocate on your behalf
- Help you to access specialist services if you need them

RoadPeace can connect you with others who've been through a similar experience for mutual support, through peer support groups and their telephone befriending service.

The charity runs an in-person, eight-week trauma support programme for families bereaved by road deaths, to give you tools to better manage any traumatic grief symptoms you may experience such as anxiety, flashbacks or lack of sleep.

## **If you aren't ready for support right now**

If you don't feel ready or able to access support immediately, that's not a problem. We are here for you when you're ready.

Please keep this leaflet and make contact in your own time. You can ask your police family liaison officer or point of contact to help you with this, or to contact Brake and RoadPeace on your behalf.

**Here are the contact details for Brake  
and RoadPeace in case you need them:**

**Brake**

Call: 0808 8000 401 (10am to 4pm Monday to Friday)

Email: [help@brake.org.uk](mailto:help@brake.org.uk)

Info: [www.brake.org.uk](http://www.brake.org.uk)

**RoadPeace**

Call: 0800 160 1069 (10am to 4pm Monday to Friday)

Email: [helpline@roadpeace.org](mailto:helpline@roadpeace.org)

Info: [www.roadpeace.org](http://www.roadpeace.org)

If you need help urgently, you can also call the Samaritans 24 hours a day on 116 123, or find support through their website at [www.samaritans.org](http://www.samaritans.org)

In case of emergency, please call 999 immediately, or contact your GP's out-of-hours service for urgent medical assistance.