

# You're Not On Your Own

LTC offer free, expert  
support for teams affected  
by critical incidents.

Call us, 24/7,  
365 days a year  
0808 801 0550



# Critical Incident Support

## What it is and how it helps

When something traumatic happens at work, such as a sudden death, serious violence or a distressing incident, it can leave your team feeling shaken, anxious or unsure what to do next. LTC offers fast, free and confidential support to help people process what has happened and begin to recover.

We work with experienced trauma clinicians who can provide group sessions, one-to-one support and practical advice, either on site or remotely. Every response is tailored to what your team needs, and we act quickly, often within a few days of the incident.

Support is available 24/7 through our helpline. If something serious happens.

You don't have to face it alone.

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