

Looking after yourself when following the Inquiry - Avoiding emotional fatigue

Some of the signs of emotional fatigue are:

- Being unable to switch off from thinking about what you have seen and heard
- Having difficulty sleeping
- Feeling that you need to watch or attend the Inquiry all the time despite feeling exhausted and/or overwhelmed by it
- Neglecting other things in your life including family, friends, work or leisure
- Feeling numb or unable to concentrate
- Feeling unable to do relaxing or comforting things like take a walk or see friends
- Thinking you aren't able to talk about the feelings that you have
- Finding you can't stop talking about what you have seen and heard
- Noticing that you are drinking or smoking more than usual
- Not having the energy to carry out day-to-day activities

These are some positive coping skills you might try:

- If you notice any of the signs listed above, think about the amount of time you watch the Inquiry and limit it to the parts that are most relevant to you
- Take things one step at a time
- Spend more time doing the things you usually enjoy
- Try and ensure you get enough sleep and rest
- Talk to people you trust
- Ask for help

If you feel you need to talk more about anything to do with your emotional wellbeing, Hestia staff are available daily during limited attendance hearings. This service will be delivered entirely virtually by telephone and video conferencing.

BSRs and members of the public will be able to contact Hestia directly to access wellbeing services by contacting 0800 246 5617 between 09:45 and 16:15, Monday to Thursday.

One-to-one telephone or online support sessions are available for BSRs to book with a counsellor during the day or at the end of the day's hearings.

There are also drop-in video conference group sessions (twice daily) where BSRs can join a counsellor in a peer support group to support one another, and to air and talk through any feelings or concerns. Please contact 0800 246 5617.

NHS support is available via www.grenfellwellbeing.com or 0207 8637 6279 (Mon to Thurs, 8am to 8pm and Friday, 8am – 5pm) or 0208 962 4393 (Fridays 5pm-8pm, and weekends, 9am to 8pm).

If you have been affected by events at the Inquiry and need to speak to someone out of hours, please call the Central and North West London NHS Single Point of Access and Grenfell Support line: 0800 0234 650.