

If you’ve recently been restrained and not offered a session with our volunteers but would like to have one please speak to ward staff or call 020 3317 6581/7146/email: [volunteer@candi.nhs.uk](mailto:volunteer@candi.nhs.uk)

Would you like to speak to someone about this?

We understand that incidents involving restraint can be upsetting and distressing for those involved.

Would you like a session with our volunteers that includes talking about:

* Your version of what happened
* What led up to the incident
* How it may have been avoided
* What could be done differently
* Further support such as advocacy or pursing a complaint.

Have you recently been restrained by staff?