

National Helpline and Support Organisations

Mental Health & Emotional Support

- Samaritans – 116 123 (24/7 free helpline for anyone in distress)
- Mind – 0300 123 3393 (Mental health advice and support)
- Shout – Text "SHOUT" to 85258 (24/7 crisis text support)

Financial & Housing Support

- Citizens Advice – 0800 144 8848 (Help with debt, benefits, and housing)
- StepChange – 0800 138 1111 (Free debt management advice)
- Shelter – 0808 800 4444 (Support for housing and homelessness concerns)

Employment Rights & Workplace Support

- ACAS – 0300 123 1100 (Workplace rights, disputes, and legal advice)
- Unite the Union – 0333 123 0021 (Support for workers in print and manufacturing industries)
- Health and Safety Executive (HSE) – 0300 003 1647 (Report unsafe working conditions)

Safeguarding & Abuse Support

- NSPCC – 0808 800 5000 (Child and young person safeguarding support)
- National Domestic Abuse Helpline – 0808 2000 247 (Support for domestic abuse victims)
- Crimestoppers – 0800 555 111 (Report crime or exploitation anonymously)

Radicalisation & Prevent Duty Support

- Prevent Duty Helpline – 020 7340 7264 (Concerns about extremism and radicalisation)
- ACT Early (Counter-Terrorism Support) – Visit actearly.uk for guidance

Mental Health and Well-being Resources

Everyday well-being support and self-care resources

- Mind – www.mind.org.uk (Guides, online support, and local services)
- Young Minds – www.youngminds.org.uk (Support for young people's mental health)
- NHS Every Mind Matters – www.nhs.uk/oneyou/every-mind-matters (Mental well-being tips and tools)

Free well-being apps

- Headspace – Guided meditation and stress relief.
- Calm – Sleep, relaxation, and mindfulness exercises.
- Stay Alive – A crisis support app for mental health emergencies.

Financial and Housing Support Service

If you are struggling with money, rent, or housing, free and confidential advice is available:

- MoneyHelper – www.moneyhelper.org.uk (Budgeting and financial advice)
- Turn2Us – www.turn2us.org.uk (Support for grants and benefits)
- Shelter – www.shelter.org.uk (Housing rights and emergency support)

If you need urgent financial help, speak to Citizens Advice or your training provider, who may be able to help signpost financial support options.

Employment Rights and Support Agencies

If you need advice about your rights at work, unfair treatment, or contract issues:

- ACAS – 0300 123 1100 (Free legal advice on workplace disputes)
- Unite the Union – 0333 123 0021 (Support for workers in print and manufacturing)
- Gov.uk Employment Rights – www.gov.uk/browse/working (Official government advice on employment rights)

If you experience discrimination or unfair treatment, you can also contact:

- Equality Advisory Support Service – 0808 800 0082

- **What to Do If You Need Help**

- Don't wait—reach out. If something is affecting your well-being, seek help as soon as possible.
- Choose the right support. Whether it's mental health, financial, housing, or work-related issues, there are organisations that specialise in helping.
- Speak to someone you trust. A manager, tutor, or safeguarding officer can help signpost support services.
- Use the resources available. Many of the services listed are free and confidential, you do not have to deal with problems alone.

Whatever challenges you are facing, support is available. Whether you need a confidential chat, financial advice, or urgent safeguarding support, there is always someone who can help.

If you ever feel unsafe, overwhelmed, or unsure where to turn, speak up and ask for help—you deserve support and well-being at work and in life.