

Support Sheet

During this course, as it will be about safeguarding, we will have to talk about things which some people may find sensitive.

We never use materials or talk about issues to deliberately cause this but sometimes, because of other factors, people can react in all manner of ways. Our trainers will always be willing to talk to you if you have concerns but also remember your own organisation or your GP will also have supporting structures to help you.

The decision on what to do, is of course yours and, below are some organisations that may be able to help you, people you work with or your client base.

Winstons Wish: 08088 020 021

Supports bereaved children, their families and the professionals who support them.

Karma Nirvana: 0800 5999 247

Supporting victims of honour based abuse and forced marriage.

NSPCC: 0808 800 5000

If you're worried about a child, or you work with children and need advice or information, call the helpline available 24 hours a day, 7 days a week.

Family lives: 0808 800 2222

Provides advice and support to parents.

Frank: 0300 123 6600

National helpline providing advice and information about drugs.

Samaritans: 116 123

Helpline for anyone with concerns, worries or troubles. Can help you talk through anything that is troubling you. Open 24 hours a day, 365 days a year.

Men's Advice Line: 0808 801 0327

The Men's Advice Line is a confidential helpline for all men experiencing domestic violence.

NAPAC: 0808 801 0331

Supporting recovery from child abuse. A confidential service. 10am – 9pm Monday to Thursday and 10am to 6pm on Fridays.

National Association for the Children of Alcoholics: 0800 358 3456

Free helpline for anyone whose parents have an alcohol problem.

Mind Infoline: 0300 123 3393

To discuss types of mental health problems, where to get help, medication and alternative treatments and advocacy. Lines are open 9am to 6pm, Monday to Friday.

Beat: 0808 801 0677

Offers help and support to people affected by eating disorders. Provides details of support networks, self-help groups, and Beat's national helpline.

National Domestic Violence Helpline: 0808 2000 247

Free and open 24 hours a day for anyone experiencing domestic violence, or worried about someone they know.

SANEline: 0300 304 7000

Support for mental health problems 4.30pm – 10.30pm daily.

MOSAC: 0800 980 1958

Supports all non-abusing parents and carers whose children have been sexually abused.

National Bullying Helpline: 0845 2255 787

Provides assistance to individuals struggling with bullying issues, whatever the nature of the abuse.

Modern Slavery Helpline: 08000 121 700

Provides victims, the public, statutory agencies and businesses access to information and support 24/7.