

Useful Contacts List

These national organisations offer assistance, support, and, when relevant, confidential counsel and direction.

CAREERS ADVICE	
National Careers Service – a service that provides confidential advice, support and information for people aged 13-19.	https://nationalcareers.service.gov.uk/ 0800 100 900
JOBS AND WORK	
Indeed - With Indeed, you can search millions of jobs online to find the next step in your career. With tools for job search, CVs, company reviews and more	https://uk.indeed.com/
RIGHTS AND LEGAL ADVICE	
ACAS –offers free, confidential and impartial advice on all employment rights issues.	www.acas.org.uk 0300 123 1100
Citizens Advice – a network of offices that provide free independent advice about legal issues, money, benefits and other problems.	www.citizensadvice.org.uk 0808 223 1133 Webchat available
CHILDCARE	
Childcare Link – information about local services that provide registered childcare and a search facility to find local childcare providers	https://www.childcare.co.uk/
COUNSELLING	
Cruse Bereavement Care – a charity that offer free emotional support, help and advice to anyone affected by the death of someone close to them	www.cruse.org.uk/ 0808 808 1677
National Debt line – a national helpline that provides free, confidential and independent advice on how to deal with debt problems.	www.nationaldebtline.org/ 0800 808 4000
DRUGS AND ALCOHOL	
FRANK – a free confidential helpline (will not show up on phone bill) and website giving information about drugs and their effects. It also gives information about getting help with drug problems	www.talktofrank.com/ 0300 1236600
GOVERNMENT DEPARTMENTS	
Employing an apprentice – Legislation and information on employing an apprentice	click here
HEALTH AND WELFARE	
Bullying UK – advice and support on a range of bullying related issues, including cyber bullying.	www.bullying.co.uk 0808 800 2222
Childline – The UK’s free 24-hour helpline for children in distress or danger. Trained volunteer counsellors’ comfort, advise and protect children and young people.	www.childline.org.uk 0800 1111

Everyone's Invited - A place for survivors to share their stories. Everyone's Invited's mission is to expose and eradicate rape culture with empathy, compassion, and understanding.	https://www.everyonesinvited.uk/
Go Smoke Free – expert advice and support on how to quit smoking and improve your health.	https://www.nhs.uk/better-health/quitsmoking/ 0300 123 1044
Lesbian and Gay Switchboard – advice about sexuality.	https://switchboard.lgbt/ 0300 330 0630 / chat function on site
NHS Direct – a confidential health advice and information service	https://111.nhs.uk/ 111
NSPCC – a 24-hour service run by qualified social workers. Offers advice and help to children experiencing problems at home, school or anywhere else. Adults can also contact the organisation if they believe a child, they know is being abused or neglected.	www.nspcc.org.uk 0808 800 5000
Samaritans – this is a 24-hour phone and email service for people who need to talk confidentially about a problem. The site also holds a list of local offices if you need to talk to someone face-to-face.	www.samaritans.org 116 123 (free)
Shelter – the housing and homeless charity. They provide free national housing advice.	https://england.shelter.org.uk/ 0808 800 4444 Webchat available
Woman's Aid – help and support for those suffering from domestic violence	www.womensaid.org.uk 0808 2000 247
USEFUL LINKS FOR YOUR PROGRAMME	
Health and Safety Executive – information on regulations and legislations.	https://www.hse.gov.uk/
OneFile - Learners use OneFile to build a portfolio of evidence against the criteria, and tutors can access their portfolio to track their progress and offer feedback.	OneFile Support Team support@onefile.co.uk