

# SAFETY & WELLBEING CONTACT LIST

## ACAS

Free and impartial employment law advice.

0300 123 1100

[acas.org.uk](https://www.acas.org.uk)

## ACT EARLY

Report concerns about radicalisation or extremism.

0800 011 3764

[actearly.uk/contact](https://actearly.uk/contact)

## BEAT

Support for those affected by eating disorders.

[beateatingdisorders.org.uk](https://beateatingdisorders.org.uk)

## BULLYING UK

Information and advice for victims of bullying.

[nationalbullyinghelpline.co.uk](https://nationalbullyinghelpline.co.uk)

## CITIZENS ADVICE

Confidential legal, debt, consumer, and housing advice

0808 223 1133

[citizensadvice.org.uk](https://citizensadvice.org.uk)

## CEOP

For reporting inappropriate online chat or behaviour.

[ceop.police.uk](https://ceop.police.uk)

## CHILDLINE

Counselling service for children and young people.

0800 1111

[childline.org.uk](https://childline.org.uk)

## CRUSE

Helping bereaved people suffering from grief.

0808 808 1677

[cruse.org.uk](https://cruse.org.uk)

## DOMESTIC VIOLENCE UK

Support for those affected by domestic abuse.

[domesticviolenceuk.org](https://domesticviolenceuk.org)

## DRINK AWARE

Advice about alcohol and issues related to its misuse.

[drinkaware.co.uk](https://drinkaware.co.uk)

## FAMILY LIVES

Provides targeted early intervention and crisis support to families.

0808 800 2222

[familylives.org.uk](https://familylives.org.uk)

## FRANK

Advice and information about drugs and legal highs.

0300 123 6600

[talktofrank.com](https://talktofrank.com)

## GAMBLE AWARE

Support to anyone worried about gambling.

[begambleaware.org](https://begambleaware.org)

## MIND

Mental health support for individuals and families.

0300 123 3393

[mind.org.uk](https://mind.org.uk)

## THE MIX

Guidance and support on a range of issues for under 25s.

0808 808 4994

[themix.co.uk](https://themix.co.uk)

## NATIONAL DEBTLINE

Debt advice service run by the Money Advice Trust.

0808 808 4000

[nationaldebtline.org](https://nationaldebtline.org)

## NSPCC

Help for adults concerned about a child.

0808 800 5000

[nspcc.org.uk](https://nspcc.org.uk)

## RELATE

Relationship and family counselling and support

0300 100 1234

[relate.org.uk](https://relate.org.uk)

## THE SAMARITANS

Confident support and advice for anyone in distress.

116 123

[samaritans.org](https://samaritans.org)

## SHELTER

Housing and homelessness advice.

0344 515 2000

[england.shelter.org.uk](https://england.shelter.org.uk)

## STONEWALL

Information for LGBTQ+ individuals and communities.

[stonewall.org.uk](https://stonewall.org.uk)

## SUICIDE PREVENTION UK

Supporting those at risk of suicide throughout the UK.

0800 689 5652

## THINK U KNOW

Protects young people from online sexual abuse.

0870 000 3344

[thinkuknow.co.uk](https://thinkuknow.co.uk)

## TURNING POINT

Supporting individuals with learning disabilities and complex needs.

[turning-point.co.uk](https://turning-point.co.uk)