

ACAS Free and impartial employment law advice. 0300 123 1100 acas.org.uk	DOMESTIC VIOLENCE UK Support for those affected by domestic abuse. domesticviolenceuk.org	NSPCC Help for adults concerned about a child. 0808 800 5000 nspcc.org.uk
ACT EARLY Report concerns about radicalisation or extremism. 0800 011 3764 actearly.uk/contact	DRINK AWARE Advice about alcohol and issues related to its misuse. drinkaware.co.uk	RELATE Relationship and family counselling and support 0300 100 1234 relate.org.uk
BEAT Support for those affected by eating disorders. beateatingdisorders.org.uk	FAMILY LIVES Provides targeted early intervention and crisis support to families. 0808 800 2222 familylives.org.uk	THE SAMARITANS Confident support and advice for anyone in distress. 116 123 samaritans.org
BULLYING UK Information and advice for victims of bullying. nationalbullyinghelpline.co.uk	FRANK Advice and information about drugs and legal highs. 0300 123 6600 talktofrank.com	SHELTER Housing and homelessness advice. 0344 515 2000 england.shelter.org.uk
CITIZENS ADVICE Confidential legal, debt, consumer, and housing advice 0808 223 1133 citizensadvice.org.uk	GAMBLE AWARE Support to anyone worried about gambling. begambleaware.org	STONEWALL Information for LGBTQ+ individuals and communities. stonewall.org.uk
CEOP For reporting inappropriate online chat or behaviour. ceop.police.uk	MIND Mental health support for individuals and families. 0300 123 3393 mind.org.uk	SUICIDE PREVENTION UK Supporting those at risk of suicide throughout the UK. 0800 689 5652
CHILDLINE Counselling service for children and young people. 0800 1111 childline.org.uk	THE MIX Guidance and support on a range of issues for under 25s. 0808 808 4994 themix.co.uk	THINK U KNOW Protects young people from online sexual abuse. 0870 000 3344 thinkuknow.co.uk
CRUSE Helping bereaved people suffering from grief. 0808 808 1677 cruse.org.uk	NATIONAL DEBTLINE Debt advice service run by the Money Advice Trust. 0808 808 4000 nationaldebtline.org	TURNING POINT Supporting individuals with learning disabilities and complex needs. turning-point.co.uk