

Signposting and Support Resources

As your supply agency, we look to support you with your priorities both in and outside of your work placements. Your wellbeing is key to your ongoing success, that of your family and network, and to the wider learning outcomes of the students that you work with.

Just like any other organisation, we may not be able to meet all of your needs, but we hope that this resource will assist you in finding appropriate specialised support as and when you need it.

We trust that some of the specialised services and charities below will be able to provide you with the advice, experience and tailored support you need at different stages of your life and career.

Please note that the resources detailed in this document are from third-party providers which are not part of The Edwin Group (Vision for Education/ABC Teachers/Smart Teachers) and should be used at your own discretion.

Remember, if you feel that you or someone close to you are at risk of immediate harm, you should call the emergency services on 999 for Police, Fire or Ambulance.

Please click on the title below that you would like some support with, and you will be taken to the specific section:

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Mental Health Resources

Looking after mental health:

<https://www.mentalhealth.org.uk/explore-mental-health>

Getting help:

<https://www.mentalhealth.org.uk/explore-mental-health/getting-help-your-mental-health>

Support in a crisis:

<https://www.mentalhealth.org.uk/explore-mental-health/get-help>

Online support:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/online-mental-health-support>

Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

No Panic

<https://nopanic.org.uk/>

Helplines and Support

Samaritans

<https://www.samaritans.org/> or 116 123

Saneline

<http://www.sane.org.uk>

Calmzone

<https://www.thecalmzone.net/>

Shout

<https://giveusashout.org/> or text 85258

Mind

<https://www.mind.org.uk>

Rethink

<https://www.rethink.org>

Action for Happiness

<https://www.actionforhappiness.org/>

Heads Together

<https://www.headstogether.org.uk/>

Campaign to End Loneliness

<https://www.campaigntoendloneliness.org/>

Together

<https://www.together-uk.org/>

Hub of Hope

<https://hubofhope.co.uk/>

Addiction Resources

Alcohol Change

<https://alcoholchange.org.uk/>

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/>

Nacoa (For anyone affected by a parent's drinking)

<https://nacoa.org.uk/support-advice/>

BetKnowMore

<https://www.betknowmoreuk.org/>

Drink Aware

<https://www.drinkaware.co.uk/>

DrugFAM

<https://www.drugfam.co.uk/>

GamAnon

<http://gamanon.org.uk/>

GamCare

<https://www.gamcare.org.uk/>

Gamblers Anonymous

<https://www.gamblersanonymous.org.uk/>

Talk to Frank

<https://www.talktofrank.com/>

The Bead Project

<https://www.beadproject.org.uk/>

Turning Point

<https://www.turning-point.co.uk/support-we-offer/drugs-and-alcohol>

Waythrough

<https://www.waythrough.org.uk/>

With You

<https://www.wearewithyou.org.uk/>

Bereavement Resources

Cruse Bereavement

<https://www.cruse.org.uk/>

Government Tell Us Once

<https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

Support with Funeral Costs

<https://www.gov.uk/funeral-payments>

The Bereavement Register

<https://www.thebereavementregister.org.uk/>

Grief Chat

<https://griefchat.co.uk/>

Papyrus (After Suicide)

<https://www.papyrus-uk.org/>

Support After Suicide

<https://supportaftersuicide.org.uk/>

UK SOBS (After Suicide)

<https://uksobs.org/>

Bereaved Parent Support

<https://www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support>

Child Bereavement UK

<https://www.childbereavementuk.org/>

Child Death Helpline

<http://childdeathhelpline.org.uk/>

Sands (Baby Deaths)

<https://www.sands.org.uk/>

The Miscarriage Association

<https://www.miscarriageassociation.org.uk/>

Road Peace

<https://www.roadpeace.org/>

Brake Charity

<http://www.brake.org.uk/>

SAMM (Support After Murder or Manslaughter)

<https://www.samm.org.uk/>

Harassment and Discrimination

Anti-Bullying Alliance

<https://anti-bullyingalliance.org.uk/>

Changing Faces

<https://www.changingfaces.org.uk/>

Ditch the Label

<https://www.ditchthelabel.org/>

Family Lives

<https://www.familylives.org.uk/>

Galop (LGBT+)

<https://galop.org.uk/>

National Bullying Helpline

<https://www.nationalbullyinghelpline.co.uk/>

National Stalking Helpline

<https://www.suzylamplugh.org/pages/category/nationalstalking-helpline>

Rights of Women Helpline

020 7490 0152 (Sexual Harassment)

SARI (Stand Against Racism & Inequality)

<https://saricharity.org.uk/>

Cognitive and Physical Health

ADHD Foundation

<https://adhdfoundation.org.uk/>

Arthritis Action

<https://www.arthritisaction.org.uk/>

Arthritis UK

<https://www.arthritis.org/>

British Heart Foundation

<https://www.bhf.org.uk/>

Cerebral Palsy

<http://www.cerebralpalsy.org.uk/>

Dementia (Alzheimer's Society)

<https://www.alzheimers.org.uk/>

Diabetes UK

<https://www.diabetes.org.uk/>

Down's Syndrome Association

<https://www.downs-syndrome.org.uk/>

Epilepsy Action

<https://www.epilepsy.org.uk/>

Headway (Head Injury)

<https://www.headway.org.uk/>

Leukaemia Care

<https://www.leukaemiacare.org.uk/>

Macmillan Cancer Support

<https://www.macmillan.org.uk/>

Mobility Trust

<https://mobilitytrust.org.uk/>

MS Society

<https://www.mssociety.org.uk/>

National Autistic Society

<https://www.autism.org.uk/>

Parkinson's UK

<https://www.parkinsons.org.uk/>

Priority Services Register

<https://www.thepsr.co.uk/>

RNIB (Sight Loss)

<https://www.rnib.org.uk/>

RNID (Hearing Loss)

<https://rnid.org.uk/>

Sense (Deafblind & Complex Disabilities)

<https://www.sense.org.uk/>

Stroke Association

<https://www.stroke.org.uk/>

Emotional Resilience and Family Support

Carers UK

<https://www.carersuk.org>

Family Lives

<https://www.familylives.org.uk/>

National Stalking Helpline

<https://www.suzylamplugh.org/Pages/Category/nationalstalking-helpline>

Positive Psychology

<https://positivepsychology.com/emotional-resilience/>

Rape Crisis

<https://rapecrisis.org.uk/>

Refuge

<https://www.refuge.org.uk/>

Relate

<https://www.relate.org.uk>

Support Line

<https://www.supportline.org.uk>

Victim Support

<https://www.victimsupport.org.uk>

Women's Aid

<https://www.womensaid.org.uk>

Young Minds

<https://www.youngminds.org.uk/>

Financial Resilience

Action Fraud

<https://www.actionfraud.police.uk/>

Benefits Calculator (Gov.uk)

<https://www.gov.uk/benefits-calculators>

Citizens Advice

<https://www.citizensadvice.org.uk/debt-and-money/>

Debt Advice Foundation

<http://www.debtadvicefoundation.org/>

Family Fund

<https://www.familyfund.org.uk/>

Mental Health & Money

<https://www.mentalhealthandmoneyadvice.org/en/>

Money Advice Service

<https://www.moneyadviceservice.org.uk>

Money Saving Expert

<https://www.moneysavingexpert.com/>

National Debt Line

<https://www.nationaldebtline.org/>

Phone-paid Services Authority

<https://psauthority.org.uk/>

StepChange

<https://www.stepchange.org>

The Money Charity

<https://themoneycharity.org.uk/>

Turn2Us

<https://www.turn2us.org.uk/>

Paying bills

Support with council tax bills

<https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-council-tax/>

Support with Energy bills

<https://www.ofgem.gov.uk/get-help-if-you-cannot-afford-your-energy-bills>

Support with water bills

<https://www.citizensadvice.org.uk/consumer/water/problems-with-paying-your-water-bill/help-with-paying-your-water-bills/>

Housing resources

Shelter

<https://england.shelter.org.uk/>

Crisis

<https://www.crisis.org.uk/>

Centrepoint

<https://centrepoint.org.uk/>

Housing Justice

<https://housingjustice.org.uk/>

Useful apps

- **Bright Sky** – An abusive relationship app
 - **Jointly App** – For carers
- **Recovery Record** – An eating disorder app
 - **Samaritans Self-help**
- **Stay Alive** – A suicide prevention app