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:

Mental Health Resources

Addiction Resources

Bereavement Resources

Harassment and Discrimination Resources

Cognitive and Physical Health Resources

Emotional Resilience and Family Support Resources

Financial Resilience Resources

Paying Bills Resources

Housing Resources

Useful Apps

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