

Key wellbeing contacts support agencies – for all CIPS learners

There are times when we all need a little extra support across many areas in our lives, both professional and personal. Here is a list of some useful sources of support which you may find helpful.

Mind mental health charity:

Mind provides advice and support to empower anyone experiencing a mental health problem.

T: 020 8519 2122

E: supporterrelations@mind.org.uk



Anxiety UK charity:

Anxiety UK works to relieve and support those living with anxiety by providing information, support and understanding via an extensive range of services.

T: 03444 775 774

Text service: 07537 416 905

E: support@anxietyuk.org.uk



Confidential live chat function and other resources available via anxietyuk.org.uk

NHS services:

The NHS provides a wealth of information and support regarding mental health, which can be accessed via their website here:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>



Young Minds charity:

Young Minds is the UK's leading charity fighting for children and young people's mental health.

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis. Text YM to 85258.



Mental Health at Work:

Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health in the workplace has never been more important. Mental Health at Work helps you to find the information and resources you need. It is a collaboration between Mind, The Royal Foundation and Heads Together). You can access the resources and toolkits here:

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



Other useful sources of help can be found below:

Anxiety, Depression and Mental Health

Bipolar UK

Website: www.bipolaruk.org.uk

CALM (Campaign Against Living Miserably – Men 15-35)

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

PAPYRUS – Young Suicide Prevention Society

Phone: 08000684141 (Mon to Fri 10am-5pm/7pm-10pm, and 2pm-5pm on weekends)

Website: www.papyrus-uk.org

Rethink Mental Illness – Support/advice for people living with mental illness.

Phone: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

Website: www.rethink.org

SANE - Emotional support/information/guidance for those affected by mental illness

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Website: www.sane.org.uk/textcare

Able Futures

Charity providing mental health advice. Self-referral with same-day response

Phone: 0800 3213137, Website: www.able-futures.co.uk

Samaritans -Confidential support for people experiencing feelings of distress Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

Victim Support – Free confidential helpline offering support to anyone affected by crime

Tel: 0808 1689111 Website: Supportline - Victim Support

Together all

Together all is a free online community for people who are stressed, anxious or feeling low. The service has an active forum with round the clock support from trained professionals. You can talk anonymously to other members and take part in group or 1 to 1 therapy with therapists.

Website - <https://togetherall.com/en-gb/>

Relationships

Refuge - Advice on dealing with domestic violence

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

National Society for the Prevention of Cruelty to Children (NSPCC)

National charity specialising in child welfare

Phone: 0808 8005000

Website: www.nspc.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Mon to Fri, 9am to 9pm and Sat to Sun, 10am to 3pm)

Website: www.familylives.org.uk

Relate

The UK's largest provider of relationship support

Website: www.relate.org.uk

Alzheimer's Society

Providing advice and guidance to people who are impacted upon by dementia

Phone: 0300 222 1122 (Mon to Fri, 9am to 5pm; 10am to 4pm on weekends)

Website: www.alzheimers.org.uk

Cruse Bereavement Care

Charity providing support to people who have been bereaved

Phone: 0844 477 9400 (Mon to Fri, 9am to 5pm)

Website: www.crusebereavementcare.org.uk

Hourglass

Confidential services provide information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.

Call - 0808 808 8141

Text – 07860 052906

Email - helpline@wearehourglass.org

Womens Aid

Women's Aid is the national charity working to end domestic abuse against women and children. They have been at the forefront of shaping and coordinating responses to domestic violence and abuse through practice for over 45 years.

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

Email - helpline@womensaid.org.uk

Addictions

Alcoholics Anonymous

Phone: 0845 769 7555 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: www.begambleaware.org

Narcotics Anonymous

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: www.ukna.org

Beat – Eating Disorder Support and Advice

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

We Are With You

We are with you are a charity that offers free, confidential support to people in England and Scotland who have issues with drugs, alcohol or mental health.

Website - www.wearewithyou.org.uk

Obsessive Compulsive Disorder

OCD Action

Phone: 0845 390 6232 (Mon to Fri, 9.30am to 5pm)

Website: www.ocdaction.org.uk

OCD UK

Phone: 0845 120 3778 (Mon to Fri, 9am to 5pm)

Website: www.ocduk.org

No Panic Support for sufferers of panic attacks and OCD

Phone: 0844 967 4848 (daily, 10am to 10pm)

Website: www.nopanic.org.uk

E-safety

The internet provides us with great opportunities for learning, our work and our social lives. However, there are also many associated risks such as ‘fake news’ and extremism. It is easy to feel safe on the internet but extremists and others with criminal intentions take advantage of this.

Useful links to help you

- **Home Office:** Report online material promoting terrorism or extremism, illegal or harmful information, or pictures and videos you’ve found on the internet. You can make your report anonymously: report-terrorist-material.homeoffice.gov.uk/repor
- **Fake News:** 4 quick checks and tips on how to identify fake news saferinternet.org.uk/blog/fake-news-4-quick-checks
- **UK Safer Internet Centre:** Where you can find online safety tips, advice and resources to help children and young people stay safe online: saferinternet.org.uk/
- **CEOP (Child Exploitation and Online Protection command)** Are you worried about online sexual abuse or the way someone has been communicating with you or others online? ceop.police.uk/safety-centre/
- **The 5 most common scams of 2023 and how to avoid them** [The 5 most common scams of 2023 and how to avoid them - Which? News](#)
- **The UK's fraud hotspots revealed: what's the biggest threat in your area?** [The UK's fraud hotspots revealed: what's the biggest threat in your area? - Which? News](#)
- **Financial Conduct Authority – scam information** [ScamSmart - Avoid investment and pension scams | FCA](#)
- **National Prevent Helpline**
Prevent referrals can come from anyone and the public are encouraged to contact police if they have any concerns about radicalisation. Community and faith groups of all types can also contact police for further information about the risks and teams will, where possible, arrange engagement events with these groups.
Call - 0800 011 3764
Website - <https://www.npcc.police.uk/CounterTerrorism/Prevent.aspx#:~:text=You%20can%20also%20call%20the,an%20emergency%20always%20ring%20999.>