

# USEFUL WELLBEING

## CONTACT NUMBERS



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# EMA

# SAFEGUARDING

[safeguarding@ematraining.co.uk](mailto:safeguarding@ematraining.co.uk)

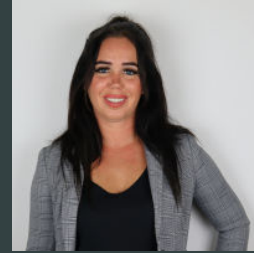
**Designated Safeguarding Lead (DSL):**

Beckie Perkins - 07432 891854



**Designated Safeguarding Officer (DSO):**

Louisa Hampson - 07774 097937



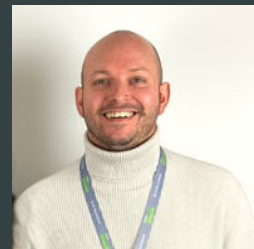
**Designated Safeguarding Officer (DSO):**

Paula Gregory - 07888 387675



**Designated Safeguarding Officer (DSO):**

Mike Killingbeck - 07562 689335



**Mental Health First Aider:**

Julie O'Callaghan - 07825255122



# HEALTH & WELFARE

## GO SMOKE-FREE

Expert advice and support on how to quit smoking and improve your health

<https://www.nhs.uk/betterhealth/quitsmoking/>

0300 123 1044

## HUB OF HOPE

A search engine that finds the best resource based on your requirements and location

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

## KOOTH

A free online counselling and emotional well-being platform for children and young people.

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

## LESBIAN AND GAY SWITCHBOARD

Advice about sexuality.

<https://switchboard.lgbt/>

0300 330 0630 / chat function on site

## MINDED

MindEd is a free educational resource on children and young people's mental health for all adults.

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



**NHS DIRECT**

A confidential health advice and information service

<https://111.nhs.uk/>

111

**NSPCC**

24-hour service offering advice and help to children experiencing problems at home, school, or anywhere else. Adults can also contact the organisation if they believe a child, they know is being abused or neglected.

[www.nspcc.org.uk](http://www.nspcc.org.uk)

0808 800 5000

**RAPE CRISIS CENTRE**

Provides information, advice, and help for victims of rape and sexual abuse, and where to find a local Centre

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

0808 802 9999 (Live chat available)

**SV2**

SV2 is a charity in Derbyshire that provides support services to victims of sexual violence such as assault, abuse, or rape.

<https://www.sv2.org.uk>

**Trent PTS**

Trent PTS is an approved NHS provider of psychological therapies. We provide treatment for depression, anxiety, loss, grief, trauma, relationship problems, and much more.

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

**SAMARITANS**

This is a 24-hour phone and email service for people who need to talk confidentially about a problem. The site also holds a list of local offices if you need to talk to someone face-to-face.

[www.samaritans.org](http://www.samaritans.org)

116 123 (free)



## THE MIX

The Mix is the UK's leading support service for young people (25yrs and under). We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

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

0808 808 4994 (1-2-1 chat and messenger options also available)

## WOMAN'S AID

Help and support for those suffering from domestic violence.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

0808 2000 247

## BRITISH PREGNANCY ADVISORY SERVICE

A charitable organisation offering information, advice, and treatment with a range of services linked to pregnancy and fertility control.

[www.bpas.org](http://www.bpas.org)

03457 304030

## BULLYING UK

Advice and support on a range of bullying-related issues, including cyberbullying.

[www.bullying.co.uk](http://www.bullying.co.uk)

0808 800 2222

## CHILDLINE

The UK's free 24-hour helpline for children in distress or danger.

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111



## CONTRACEPTION

Family planning confidential advice and information on contraception and sexual health.

<https://www.nhs.uk/conditions/contraception/>

## EATING DISORDERS

Support for anyone affected by an eating disorder.

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>



# COUNCELLING

## CRUSE BEREAVEMENT CARE

Free emotional support, help, and advice to anyone affected by the death of someone close to them.

[www.cruse.org.uk/](http://www.cruse.org.uk/)

0808 808 1677

## GAMBLERS ANONYMOUS

A free organisation run by ex-gamblers. Provides help to people who want to stop gambling through therapy held at Gamblers Anonymous meetings.

[www.gamblersanonymous.org.uk/](http://www.gamblersanonymous.org.uk/)

0330 094 0322

## NATIONAL DEBT LINE

A national helpline that provides free, confidential, and independent advice on how to deal with debt problems

[www.nationaldebtline.org/](http://www.nationaldebtline.org/)

0800 808 4000

## RELATE

An organisation that offers relationship counselling and a range of other relationship support services for adults, families, and children.

[www.relate.org.uk/](http://www.relate.org.uk/)

0300 100 1234 (Web Chat available)





# DRUGS & ALCOHOL

## ALCOHOLICS ANONYMOUS

A free organisation that helps people who want to stop addictive drinking. Offers a twelve-step programme as a solution

[www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/)

0800 9177650

## FRANK

A free confidential helpline (will not show up on phone bill) and website giving information about drugs and their effects. It also gives information about getting help with drug problems.

[www.talktofrank.com/](http://www.talktofrank.com/)

0300 1236600

# CAREERS ADVICE

## NATIONAL CAREERS SERVICE

A service that provides confidential advice, support, and information for people aged 13-19.

<https://nationalcareers.service.gov.uk/#>

0800 100 900



# GOVERNMENT DEPARTMENT

## DEPARTMENT FOR WORK AND PENSIONS (DWP)

Visit this website for information about benefits and services you may be able to get and how to apply, including the forms you can download.

<https://www.gov.uk/government/organisations/department-for-work-pensions>

## EMPLOYING AN APPRENTICE

Legislation and information on employing an apprentice

<https://www.gov.uk/employing-an-apprentice/pay-and-conditions-for-apprentices>



# RIGHTS & LEGAL ADVICE

## ACAS

Offers free, confidential, and impartial advice on all employment rights issues

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

0300 123 1100

## CITIZENS ADVICE

A network of offices that provide free independent advice about legal issues, money, benefits, and other problems.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

0808 223 1133 (Webchat available)

## EMPLOYMENT TRIBUNALS SERVICE

If you feel you have been discriminated against by your employer, or treated unfairly in the application process, you may have the right to go to an employment tribunal

[www.gov.uk/courts-tribunals/employmenttribunal](http://www.gov.uk/courts-tribunals/employmenttribunal)

0300 1231024



# TRADE UNIONS

## NATIONAL UNION OF STUDENTS APPRENTICE EXTRA

NUS Apprentice extra, a discount card for UK Apprentices with loads of discounts in-store and online

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

## UNISON

Representing people who work in public services as well as the voluntary and private sectors.

[www.unison.org.uk](http://www.unison.org.uk)

0800 0 857 857



# LINKS FOR YOUR COURSE

## BCS

Our Awarding Organisation for our knowledge modules for ICT, DST, SD, NE, AND DM.

[www.bcs.org/](http://www.bcs.org/)

01793 417417

## AAT

The world's leading professional body for Accounting Technicians  
AAT is our Awarding Organisation for our knowledge modules

[www.aat.org.uk/](http://www.aat.org.uk/)

(0)20 3735 2468

## CIM

Our awarding body for Marketing Executive. CIM support, develop, and represent marketers, organisations, and the profession all over the world.

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

## Progress Minded

Our awarding body for our Content Creator apprenticeship.  
Progress Minded is a commercial, flexible, and client-focused apprenticeship end-point assessment assessor.

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

## OFSTED

Ofsted is the Office for Standards in Education, Children's Services, and Skills.

[www.gov.uk/government/organisations/ofsted](http://www.gov.uk/government/organisations/ofsted)

0300 123 4666



**EDUCATION AND SKILLS FUNDING AGENCY**

The Government Agency that funds education

<https://www.gov.uk/government/organisations/education-and-skills-funding-agency>.

**HEALTH AND SAFETY EXECUTIVE**

Information on regulations and legislations.

<https://www.hse.gov.uk/>

