

YOUR LIST OF USEFUL CONTACTS

ACAS	Giving employees and employers free, impartial advice.	0300 123 1100	acas.org.uk
Alcoholics Anonymous	For those that seem to be having trouble with drinking.	0800 917 7650	alcoholics-anonymous.org.uk
Ask Brook	Free and confidential sexual health information for under 25's.		brook.org.uk
British Pregnancy Advisory Service	Abortion clinics, information, advice and treatment.	03457 30 40 30	bpas.org
Childline	A counselling service for children and young people.	0800 11 11	childline.org.uk
Citizens Advice	Online free advice to help you find a way forward.	0800 144 8848	citizensadvice.org.uk
Cruse Bereavement Care	Providing free care and bereavement counselling to people suffering from grief.	0808 808 1677	cruse.org.uk
Debt Line	Free help and advice on dealing with your debt.	0808 808 4000	nationaldebtline.org
Disability Rights UK	Representing the needs and expectations of disabled people.		disabilityrightsuk.org
Drink Aware	Independent alcohol advice.	0300 123 1110	drinkaware.co.uk
Family Lives	Parenting and family support.	0808 800 2222	familylives.org.uk
Gamcare	Support for anyone affected by problem gambling.	0808 802 0133	gamcare.org.uk
Mind	Making sure no one has to face a mental health problem alone.	0300 123 3393	mind.org.uk
National Bullying Helpline	A confidential helpline designed to advise about bullying and employment law.	0300 323 0169	nationalbullyinghelpline.co.uk
NHS Direct	Help make the best choice about health and wellbeing.	111	nhs.uk
NSPCC	Safeguarding children of all ages.	0808 800 5000	nspcc.org.uk
QUIT	Helping smokers to stop and young people to never start.	0800 00 22 00	quit.org.uk
Race Equality Foundation	Helping overcome barriers and promote race equality in health, housing, and social care.		raceequalityfoundation.org.uk
Refuge	Supporting women fleeing domestic abuse.	0808 2000 247	nationaldahelpline.org.uk
Samaritans	There's always someone there for anyone who needs someone.	116 123	samaritans.org
Shelter	For advice on housing and homelessness.	0808 800 4444	shelter.org.uk
Stop Abuse Together	Together, we can stop child sexual abuse.	0808 800 5000	stopabusealtogether.campaign.gov.uk
Stop It Now!	Anonymous and confidential support to help you prevent child sexual abuse.	0808 1000 900	stopitnow.org.uk
Talk to Frank	Everything you need to know about drugs.	0300 123 6600	talktofrank.com
The Mix	Free information and support for under 25s.	0808 808 4994	themix.org.uk
Victim Support	Specialist practical and emotional support to victims and witnesses of crime.	0808 168 9111	victimsupport.org.uk

If you need to speak to someone urgently about any issues, please contact our designated Safeguarding Officers.
 Mandy McMullen - 07899950872 | Nicola Aviolet - 07703702146 | Mark Grainger - 07525966978 | Tina Ockerby - 07968869213

Kleek Apprenticeships Head Office 55-59 Duke Street, Darlington DL3 7SD | 01325 281295 | kleekapprenticeships.co.uk



@kleekapprentice