





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-adeath/organisations-you-need-to-contactand-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/bereavedparent-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-lesscouncil-tax/

Support with Energy bills

https://www.ofgem.gov.uk/get-help-if-youcannot-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