



This document contains external resources for support and advice, including any helpline numbers and other contact details.

Addiction

Gambler's Anonymous

[Click Here to Visit Website](#)

NHS: Stop Smoking

[Click Here to Visit Website](#)

GamCare

[Click Here to Visit Website](#)

Dan 24/7

[Click Here to Visit Website](#)

Gateway Foundation

[Click Here to Visit Website](#)

NHS: Help with Gambling

[Click Here to Visit Website](#)

Alcoholics Anonymous

T: 0800 917 7650

[Click Here to Visit Website](#)

Debt

Citizen's Advice Bureau

T: 03444 77 20 20

[Click Here to Visit Website](#)

StepChange Debt Charity

[Click Here to Visit Website](#)

Debt Free Direct

T: 0800 988 4167

[Click Here to Visit Website](#)

National Debtline

[Click Here to Visit Website](#)



Homelessness

Shelter England

T: 0808 800 4444

[Click Here to Visit Website](#)

GOV.UK – Find your Council

[Click Here to Visit Website](#)

Crisis UK

[Click Here to Visit Website](#)

Health

NHS: Cancer

[Click Here to Visit Website](#)

Macmillan Cancer Support

[Click Here to Visit Website](#)

COVID-19 Support

[Click Here to Visit Website](#)

Marie Curie

[Click Here to Visit Website](#)

Beat Eating Disorders

[Click Here to Visit Website](#)

NHS: Eating Disorders

[Click Here to Visit Website](#)

National Sexual Health Helpline

T: 0300 123 7123

NHS: Stop Smoking

[Click Here to Visit Website](#)

Self-Harm

Self Harm UK

[Click Here to Visit Website](#)

Harmless

[Click Here to Visit Website](#)

National Self Harm Network

[Click Here to Visit Website](#)

The Mix

T: 0808 808 4994

Text THEMIX to 85258

[Click Here to Visit Website](#)

Samaritans

Freephone: 116 123

[Click Here to Visit Website](#)

BABCP

[Click Here to Visit Website](#)

Hub of Hope

[Click Here to Visit Website](#)

Patient Advice & Liaison

[Click Here to Visit Website](#)

YoungMinds

T: 0808 802 5544

Text SHOUT to 85258

[Click Here to Visit Website](#)

Sane

T: 0300 304 7000

[Click Here to Visit Website](#)

BACP

[Click Here to Visit Website](#)

LifeSIGNS

[Click Here to Visit Website](#)

UK Council for Psychotherapy

[Click Here to Visit Website](#)

Self-injury Support

T: 0808 800 8088

SMS: 07800 472908

[Click Here to Visit Website](#)



Mental Health

Mind

[Click Here to Visit Website](#)

Switchboard LGBT+ Support

T: 0800 0119 100

[Click Here to Visit Website](#)

The Mix

T: 0808 808 4994

Text THEMIX to 85258

[Click Here to Visit Website](#)

SANEline Services

T: 0300 304 7000

[Click Here to Visit Website](#)

Cruse Bereavement Care

T: 0844 477 9400

[Click Here to Visit Website](#)

Papyrus

[Click Here to Visit Website](#)

Remploy

[Click Here to Visit Website](#)

Riders Mind

T: 0800 088 2073

SMS: 07729 774117

[Click Here to Visit Website](#)

C.A.L.M

T: 0300 304 7000

[Click Here to Visit Website](#)

NHS: Check your Mental Health Symptoms

[Click Here to Visit Website](#)

NHS 111

T: 111 Option 2

The DPJ Foundation

[Click Here to Visit Website](#)

NHS: Every Mind Matters

T: 0800 132737

Text HELP to 81066

[Click Here to Visit Website](#)

National Suicide Prevention

T: 0800 689 5652

[Click Here to Visit Website](#)

Shout

Text SHOUT to 85258

[Click Here to Visit Website](#)

Bullying

NSPCC

[Click Here to Visit Website](#)

Childline

[Click Here to Visit Website](#)

Young Minds

[Click Here to Visit Website](#)

Bullying Alliance

[Click Here to Visit Website](#)

UK Government

[Click Here to Visit Website](#)

National Bullying Helpline

T: 0300 323 0169

[Click Here to Visit Website](#)

Health

NHS: Cancer

[Click Here to Visit Website](#)

Marie Curie

[Click Here to Visit Website](#)

Macmillan Cancer Support

[Click Here to Visit Website](#)

Beat Eating Disorders

[Click Here to Visit Website](#)

COVID-19 Support

[Click Here to Visit Website](#)

NHS: Eating Disorders

[Click Here to Visit Website](#)

NHS: Stop Smoking

[Click Here to Visit Website](#)

National Sexual Health Helpline

T: 0300 123 7123

Domestic Abuse

National Domestic Abuse Helpline

Reguse

T: 0808 80 10 800

[Click Here to Visit Website](#)

Find your Local Domestic Abuse Service

Women's Aid Directory

[Click Here to Visit Website](#)

Signs of Healthy Relationships

Verywell Mind

[Click Here to Visit Website](#)



Benefits

Check Benefits and Financial Support You Can Get

UK Government

[Click Here to Visit Website](#)

Check What Benefits you Can Get

Citizens Advice

[Click Here to Visit Website](#)

Benefits Calculator

UK Government

[Click Here to Visit Website](#)



Frugal Living

103 Frugal Living Tips that will Save you Thousands

Savings 4 Savvy Mums

[Click Here to Visit Website](#)

How to Eat for Less than £2.35 a Day

BBC Food

[Click Here to Visit Website](#)

Budget Planner: How to Manage your Money

MoneySavingExpert

[Click Here to Visit Website](#)



25 EXTREME Frugal Living
Tips

A to Zen Life



9 Easy Things I Do Everyday
to Save Thousands

Frugal Creative Living



9 Simple Things I Do Every
Day to Save Money

Frozen Pennies

Health, Wellbeing, and Spiritual Resources

10 Practices for Daily Growth

The Joy Within

[Click Here to Visit Website](#)

The Best Free Apps for Healthy Eating

Clean Eating

[Click Here to Visit Website](#)

Wellbeing and Health Podcasts

Mental Health Foundation

[Click Here to Visit Website](#)

Top 15 Nutrition Podcasts


Verywell Fit

[Click Here to Visit Website](#)

Happy Place Podcast

[Click Here to Visit Website](#)

App Recommendations

 The below apps have been tried and tested by Psych Central.

[Click here to read more](#)

Best for Anxiety

MindShift

Best for PTSD

PTSD Coach

Best for Deep Breathing

BellyBio

Best for Quitting Smoking

QuitNow!

Best for Stress Relief

Take a Break!

Best for CBT and ACT

What's Up?

Best for People of Colour

Shine

Best for Better Sleep

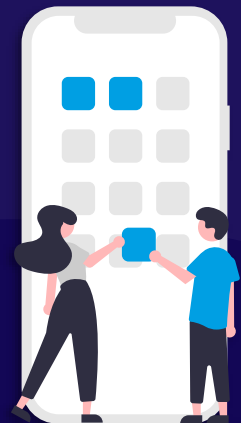
Relax with Andrew Johnson Lite

Best Overall Symptom Tracker

Bearable

Best for Bipolar Disorder

eMoods Classic



Young Carers

NHS: Young Carers

[Click Here to Visit Website](#)

Barnado's: Young Carers

[Click Here to Visit Website](#)

Action for Children

[Click Here to Visit Website](#)

Friends of Young Carers

[Click Here to Visit Website](#)

MYTIME Young Carers

[Click Here to Visit Website](#)

Carers UK

[Click Here to Visit Website](#)

Carers Trust: Local Service Locator

[Click Here to Visit Website](#)

Young Carers Development Trust

[Click Here to Visit Website](#)

Local Services for Young Carers

[Click Here to Visit Website](#)

If you have a safeguarding concern, please use these contact details to get in touch



07745 647524



safeguarding@haddontraining.co.uk

ht Haddon Training

Inspire. Support. Achieve.