

Support Referral list

The Sysco Group continuously strive towards building excellent working relationships with a large variety of external organisations. This enables Sysco to be able to provide support Learners on the programme and also provide them with contact details for various support networks.

Please see below links for external organisations offering support and advice:

Organisation	Description	Website and Social Media	Telephone and Text
Bereavement			
Cruse Bereavement Care	General Support with bereavement issues.	www.cruse.org.uk Facebook @crusebereavementcare Twitter @crusecare	0808 808 1677
Samaritans	Offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.	https://www.samaritans.org Facebook @samaritanscharity Twitter @samaritans	116 123 – free from landlines and mobiles – number will not appear on phone bill
Blue Cross – Pet bereavement support	Free, confidential support for pet loss.	Blue Cross – Pet Bereavement Support	0800 096 6606
Drugs and Alcohol Information and Support			
Alcoholics Anonymous	Alcoholics support group and advice.	www.alcoholics-anonymous.org.uk	0845 769 7555
Narcotics Anonymous	General support and counselling for drug users.	www.ukna.org	0845 3733366
Frank	Friendly confidential drugs advice	www.talktofrank.com Live chat between 2pm – 6pm everyday	0300 123 6600 SMS 82111
We Are With You	Support for people experiencing issues with drugs, alcohol or mental health.	https://www.wearewithyou.org.uk/	Helpline: 0800 917 3332
Drinkaware	Information and tools to support safer drinking habits.	https://www.drinkaware.co.uk/	Information service only
Health			
NHS	Advice and Support.	https://111.nhs.uk/	111

NHS Dentist	Help with finding a dentist.	https://www.nhs.uk/service-search/find-a-dentist/	0151 706 5253
RASA	RASA Merseyside is a professional counselling and support service that exists solely to improve the mental and physical well-being of individuals impacted by sexual violence at some point in their lives.	https://www.rasamerseyside.org/	0808 802 9999 The National Helpline offers confidential emotional support, information and referral details Open between 12pm-2.30pm and 7pm-9.30pm every day of the year.
HEARING VOICES NETWORK	Peer support for people who hear voices or see visions	Hearing Voices Network	Email support and resources via website
PETAL	Counselling for parents following baby loss	Petals	Referral and contact via online form
Housing			
Housing Support	Support from your local council if at risk or are homeless.	https://www.gov.uk/homelessness-help-from-council	
Housing Support and Advice	Support from citizens advice	https://www.citizensadvice.org.uk/housing/homeless-help/homelessness/applying-for-homeless-help/	
Shelter	Housing and homelessness support	Shelter	0808 800 4444
Mental Health			
Befrienders International	Information for support with depression	www.befrienders.org Twitter @befriendersKL	Use Samaritans helpline
Calm	Helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support	www.thecalmzone.net/home Facebook @theCALMzone Webchat opening hours are 5pm-midnight every day	0800 585 858

Kooth	Kooth is the UK's largest digital mental health provider to the NHS for children and young people aged 10-25, offering digital mental health services and a broad range of therapeutic tools and interventions to the health service. It also provides these services to businesses and charities.	https://www.kooth.com/	Information Resource and online communication tool for support and live chat option
Qwell	Qwell is the same as Kooth, offering support to adults age 26 and over, offering digital mental health services and interventions.	https://www.qwell.io/	Information Resource and online communication tool for support and live chat option
Childline	Phone line to help guide young people to help to make decisions that are right for them.	www.childline.org.uk Facebook @Childline Instagram - childline_official	0800 1111
Mind (Merged with Depression Alliance)	For almost 40 years, Depression Alliance has been bringing people together to end the loneliness and isolation that can come with depression	www.mind.org.uk/ Facebook @mindforbettermentalhealth Twitter @mindCharity	0300 123 3393 Text: 86463
Mental Health Foundation	Straightforward and clear information on every aspect of mental health and learning disabilities	www.mentalhealth.org.uk Facebook @menatalhealthfoundation Twitter @mentalhealth	Information service only – please contact GP or A&E if help is required
Rethink Mental Illness	Offers practical help on issues such as living with mental illness, medication, care and treatment.	www.rethink.org Facebook @RethinkCharity Twitter @Rethink	0300 5000 927
Hub of Hope	The Hub of Hope is the UK's leading mental health support database. It is provided by the national mental health charity, Chasing the Stigma. It brings local, national, community, private and NHS mental health support and services together in one place.	https://hubofhope.co.uk/	Information database
Samaritans	Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.	https://www.samaritans.org	116 123 for free or via email jo@samartians.org (email response 24 hours)

Netflix Resources	Offers guidance on a range of topics from mental health, sexual violence and abuse, self harm and suicide. Links also provided for support.	https://www.wannatalkaboutit.com/gb/	N/A
The Alliance of Hope	The Alliance of Hope for suicide loss survivors was created by survivors for survivors. They provide online healing support and other services for people who are coping with devastating loss to suicide. Online forum available that operates a 24/7 support group.	https://allianceofhope.org/our-story/	N/A
Anxiety UK	Support for those living with anxiety, stress, and related disorders	Anxiety UK	03444 775 774
ANDYMANCLUB	Free peer support groups for men, focused on suicide prevention	ANDYSMANCLUB	info@andysmanclub.co.uk
Better Help	Online counselling platform (subscription-based)	BetterHelp	Online only – app and web-based support
Give us a shout	Free 24/7 mental health text support	Give Us A Shout (Shout 85258)	Text SHOUT to 85258 (24/7)
Hopeline247 by papyrus	Suicide prevention support for under-35s	HOPELINE247 by Papyrus	Tel: 0800 068 41 41 Text: 07860 039967 Webchat available
Insight Timer	Free app with guided meditations and mindfulness resources	Insight Timer	Mobile and web-based platform
Listening place	Face-to-face support for those experiencing suicidal thoughts	Listening Place	Referral and appointment required via contact form

Maytree	Suicide respite centre offering short stays in a supportive setting	Maytree	Tel: 0207 263 7070 Email: maytree@maytree.org.uk
NHS mental health service	Access to free mental health support in the UK	NHS Mental Health Services	Contact via GP or NHS 111
No panic	Support for panic attacks, OCD, phobias, and related disorders	No Panic	Helpline: 0300 772 9844 (10am–10pm daily)
SANE	Charity supporting people affected by mental illness	SANE	Tel: 0300 304 7000 (4.30pm–10.30pm daily)
SilverCloud	Free online CBT programs via NHS (check local availability)	SilverCloud	Online access through GP or self-referral
SOBS	Peer-led support after suicide loss	SOBS (Survivors of Bereavement by Suicide)	Tel: 0300 111 5065 (9am–9pm daily)
Together UK	Personalised support for those with mental health needs	Together UK	Online contact and referral info
Young minds	Mental health charity supporting young people and their families	YoungMinds	Text YM to 85258 (24/7) Web info for parents, carers and young people
Sexual Health			
Avert	AVERT is an international HIV and AIDS charity that work to ensure widespread understanding of #HIV and #AIDS in order to reduce new infections and improve the lives of those affected.	https://www.beintheknow.org/ Facebook @avertAIDS Twitter AVERT_org	0800 567 123

Brook	Provide wellbeing and sexual health support for young people under 25, ensuring that young they are better equipped to make positive and healthy lifestyle choices.	www.brook.org.uk Facebook @BrookCharity Twitter @brookcharity	0151 207 4000 07717 989 023
BPAS	General information and support for unplanned pregnancies	www.bpas.org	03457 304030
NHS Guide To STI's	NHS site on sexually transmitted infections	https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/	Information service only
One You	Advice on sexual health and how this effects your physical and mental health as well as your emotional and social wellbeing.	https://www.nhs.uk/live-well/sexual-health/	Information service only
Social Welfare			
Switchboard LGBTQIA+ Helpline	Switchboard LGBT+ Helpline Confidential support for LGBTQ+ people across the UK.	https://switchboard.lgbt/	Tel: 0800 0119 100 (10am–10pm daily)
Stonewall	Advice and support for LGBTQ+ equality and wellbeing.	https://www.stonewall.org.uk/	Information service only
Children's Legal Centre	Legal rights information for young people	www.childrenslegalcentre.com Facebook @CCLUCK Twitter @CCLCUK	Information service only
Muslim Youth Helpline	Provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK.	www.myh.org.uk Facebook @muslimyouthhelpline Twitter @muslimyouthhelp	0808 808 2008
NSPCC	Child protection and abuse prevention charity	NSPCC	Tel: 0808 800 5000 Childline (for children): 0800 1111 Webchat available
Refuge	Help lines for women and children on domestic violence	www.refuge.org.uk Facebook @RefugeCharity Twitter @RefugeCharity	0808 2000 247
The Mix – advice on self-harm, money and many other topics	Guide to life for 16–25-year-olds providing support and information on everything from sex and exam stress to debt and drugs	www.themix.org.uk Facebook @TheMixUK Twitter @TheMixUK Instagram themixuk	0800 808 4994

Worst Kept Secret – Domestic Violence for Women	A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.	www.nationaldomesticviolencehelpline.org.uk	0808 2000 247
Men's Advice Line	Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).	http://www.mensadvice.org.uk	0808 801 0327
Citizens Advice	Citizens Advice provides free, confidential and independent advice to help people overcome their problems. Including debt, gambling and social issues	www.citizensadvice.org.uk Facebook @CitizensAdvice Twitter @CitizensAdvice	03444 111 444
National Debtline	Free and confidential debt advice service.	https://www.nationaldebtline.org/	Helpline: 0808 808 4000
Police - The police non-emergency number	You should call 101 to report crime and other concerns that do not require an emergency response. You should always call 999 when it is an emergency, such as when a crime is in progress. someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened	https://www.gov.uk/contact-police	101
Victim Support	Free and confidential help for victims of crime and trauma.	https://www.victimsupport.org.uk/	Helpline: 0808 168 9111
Beat (Beating eating disorders)	Provide support with eating disorders and the range of conditions that can affect someone physically, psychologically and socially. They are serious mental illnesses and include anorexia, bulimia and binge eating disorder.	https://www.beateatingdisorders.org.uk/	Helpline 0808 801 0677 Youthline 0808 801 0711
Think you know	Information site relating to all aspects of life from children to parents, including safer internet and online crimes	https://www.ceopeducation.co.uk/ Facebook @clickceop Twitter @CEOPUK	Information service only
Age UK	Information, advice, and services for older people	Age UK	Tel: 0800 678 1602 (8am–7pm, every day)
Childline	Free, confidential support for children and young people	Childline	Tel: 0800 1111 Webchat available
Family lives	Support and advice for families and parents	Family Lives	Tel: 0808 800 2222 Webchat available
GamCare	Help and resources for gambling-related issues	GamCare	Tel: 0808 8020 133 (24/7) Webchat available
Radicalisation and Extremism			
Channel General Awareness	Explains how Channel links to the governments counter terrorism strategy (CONTEST)	https://educateagainsthate.com/resources/channel-awareness-e-learning/	Information and access to eLearning module