



SIGTA – APPRENTICE WELLBEING SUPPORT RESOURCES



Help is At Hand

If you have any concerns while completing your apprenticeship with SIGTA, please **talk to your Training Officer** in the first instance (full contact details are located in your Individual Training Plan). Alternatively, please contact our

Designated Safeguarding Lead & Chief Executive - Alison Foxwell - afoxwell@sigta.co.uk - 01273 427602 or 07793 269615, or

Deputy Safeguarding Lead - John Norton – jnorton@sigta.co.uk – 07740 403244.

(All concerns will be treated in confidence and in accordance with our Safeguarding policy)

Support Required for:	Resources	Date checked
Alcohol Misuse	www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/ www.changegrowlive.org/advice-info/family-friends/parents-carers-drugs-alcohol-info www.nhs.uk/live-well/alcohol-advice/alcohol-support/	October 2023
Anxiety	www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/	October 2023
Bereavement	https://untanglegrief.com/grief-support/ www.cruse.org.uk www.gov.uk/after-a-death/bereavement-help-and-support	October 2023
Bullying	www.nationalbullyinghelpline.co.uk https://anti-bullyingalliance.org.uk/tools-information/advice-and-support www.antibullyingpro.com/support	October 2023
Citizen's Advice Bureau	www.citizensadvice.org.uk	October 2023
Debt	www.youngminds.org.uk/young-person/coping-with-life/money-and-mental-health/ www.citizensadvice.org.uk	October 2023
Drug Misuse	www.changegrowlive.org/advice-info/alcohol-drugs www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/ www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse/	October 2023



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Mental Health	https://www.sane.org.uk/how-we-help/emotional-support/saneline-services - Phone 0300 304 7000 (1600-2200) https://giveusashout.org/ If you would prefer not to talk but want some mental health support by text, text SHOUT to 85258 www.barnardos.org.uk/get-support/support-for-young-people www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/ https://www.samaritans.org/ Phone 116 123	October 2023
Pregnancy	www.nhs.uk/pregnancy/support/teenage-pregnancy www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/pregnancy/ www.childrenssociety.org.uk	October 2023
Samaritans	https://www.samaritans.org/ Phone 116 123	October 2023
Self-Harm	www.mind.org.uk/for-young-people/feelings-and-experiences/coping-with-self-harm/ www.youngminds.org.uk/young-person/my-feelings/self-harm/ https://www.selfharm.co.uk	October 2023
Suicide prevention	https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/ Phone 0800 689 5652 (1800-2359) www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/ Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org) https://www.samaritans.org/ Phone 116 123	October 2023

**Please contact your Training Officer if you need any additional support. Alternatively, please contact our Designated Safeguarding Lead – Alison Foxwell – afoxwell@sigta.co.uk or John Norton (Deputy Safeguarding Lead) – jnorton@sigta.co.uk.
Tel – 01273 416989**

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