

EDUCATION STAFF HELPLINES



Anxiety UK: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)



Education Support: UK-wide: 08000 562 561 day or night Txt: 07909 341229 (answered within 24 hours)



DfE Helpline: Telephone: 0370 000 2288 Monday to Friday, 9am to 5pm



Help for money problems: 0800 138 7777 from Monday to Friday, 8am to 6pm



National Debtline: 0808 808 4000 from Monday to Friday, 9am to 8pm



StepChange Debt Charity: 0800 138 1111 from Monday to Friday, 9am to 5pm



Samaritans: 116 123



Campaign Against Living Miserably (CALM): 0800 58 58 58 (daily, 5pm to midnight)



Eating disorders: Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)



Drinkline: 0300 123 1110



FRANK: 0300 123 6600



NHS Volunteers Service: 0808 196 3646 (8am to 8pm)



NHS 111 online. If you have no internet access, you should call NHS 111.