## EDUCATION STAFF HELPLINES

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

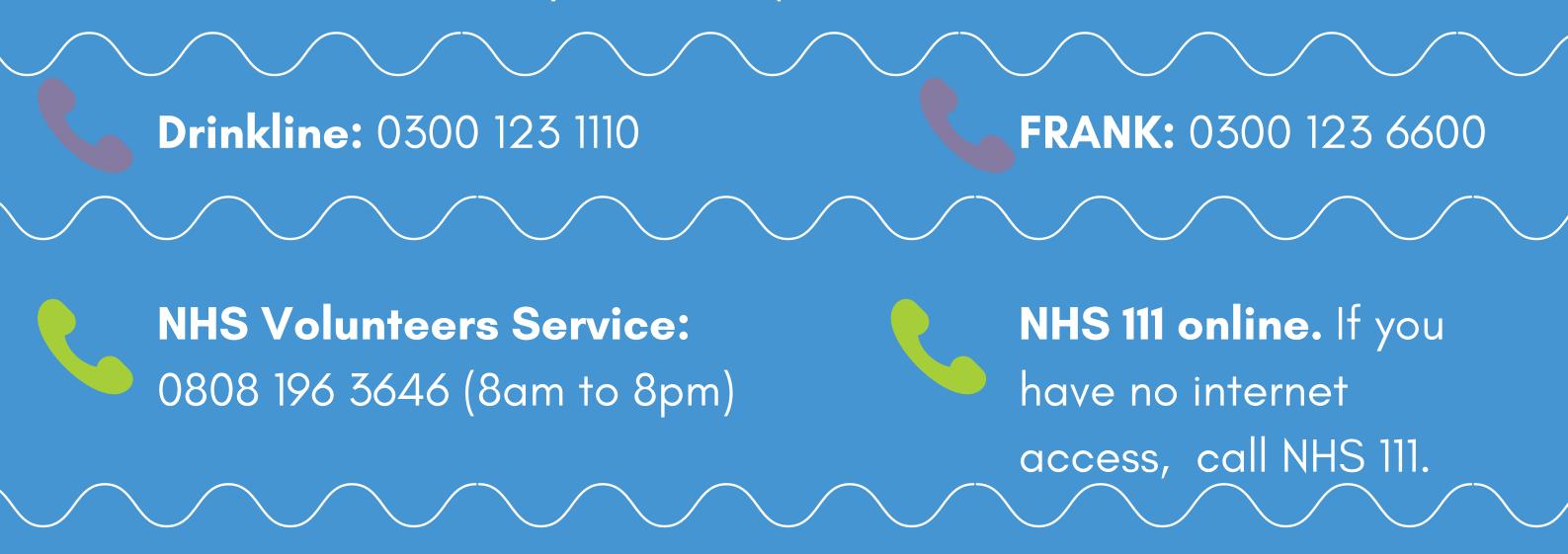
DfE Helpline: Telephone: 0370 000 2288 Monday to Friday, 9am to 5pm

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

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

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

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



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

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

**Samaritans:** 116 123

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