



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


 **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, call NHS 111.

 **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