

## 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 in Liverpool. Please see below links for external organisations offering support and advice:

Organisation	Description	Website and Social Media	Telephone and Text
<b>Bereavement</b>			
Cruse Bereavement Care	General Support with bereavement issues	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a> 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.	<a href="https://www.samaritans.org">https://www.samaritans.org</a> Facebook @samaritanscharity Twitter @samaritans	116 123 – free from landlines and mobiles – <b>number will not appear on phone bill</b>
<b>Drugs and Alcohol Information and Support</b>			
Alcoholics Anonymous	Alcoholics support group and advice	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	0845 769 7555
Young Addaction	Young Addaction work with young people aged 10 to 19 providing advice and support for drugs and alcohol. Their transitional service supports 20 to 24 year olds with additional support needs such as Mental Health issues.	<a href="https://www.liverpoolcamhs.com/support/young-addaction/">https://www.liverpoolcamhs.com/support/young-addaction/</a>	0151 706 9747
Narcotics Anonymous	General support and counselling for drug users	<a href="http://www.ukna.org">www.ukna.org</a>	0845 3733366
Frank	Friendly confidential drugs advice	<a href="http://www.talktofrank.com">www.talktofrank.com</a> Live chat between 2pm – 6pm everyday	0300 123 6600 SMS 82111
<b>Health</b>			
The Royal Liverpool Hospital	Local hospital	<a href="http://www.rlbuh.nhs.uk">www.rlbuh.nhs.uk</a> Facebook @royalliverpoolhospitals Twitter @RoyalLPoolhosps	0151 706 2000
The Royal Liverpool Dental Hospital	Patients with mouth or dental problems requiring emergency treatment	<a href="http://www.rlbuh.nhs.uk/departments/medical-specialisms/dental/emergency-">www.rlbuh.nhs.uk/departments/medical-specialisms/dental/emergency-</a>	0151 706 5253

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		<a href="#">dental-treatment</a>	
NHS Walk in Centres	NHS walk-in centres offer convenient access to a range of treatments, dealing with minor illnesses and injuries.	<a href="http://www.nhs.uk/AboutNHSservices/walkincentres">www.nhs.uk/AboutNHSservices/walkincentres</a>	111 – calls are free from landlines and mobiles
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.	<a href="https://www.rasamerseyside.org/">https://www.rasamerseyside.org/</a>	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.
<b>Housing</b>			
Housing Support	Support from your local council if at risk or are homeless.	<a href="https://www.gov.uk/homelessness-help-from-council">https://www.gov.uk/homelessness-help-from-council</a>	
Housing Support and Advice	Support from citizens advice	<a href="https://www.citizensadvice.org.uk/housing/homelessness/applying-for-homeless-help/applying-for-homeless-help/">https://www.citizensadvice.org.uk/housing/homelessness/applying-for-homeless-help/applying-for-homeless-help/</a>	
Homeground	Supporting homeless young people in Liverpool	<a href="https://www.localsolutions.org.uk/north-west-services/accommodation-support/2-homeground">https://www.localsolutions.org.uk/north-west-services/accommodation-support/2-homeground</a>  Facebook @Localsolutions Twitter @Localsolutions	0151 709 0990
Supported Lodgings	Accommodation and support for young homeless people	<a href="https://www.localsolutions.org.uk/north-west-services/accommodation-support/5-supported-lodgings">https://www.localsolutions.org.uk/north-west-services/accommodation-support/5-supported-lodgings</a>	0151 482 2469
The Whitechapel Centre	For homeless people who need some help to pick up their lives and move on	<a href="http://www.whitechapelcentre.co.uk">www.whitechapelcentre.co.uk</a>	0151 207 7617

		<a href="#">Facebook @whitechapelcentre</a> <a href="#">Twitter @whitechapelliv</a>	
<b>Mental Health</b>			
Befrienders International	Information for support with depression	<a href="http://www.befrienders.org">www.befrienders.org</a> <a href="#">Twitter @befriendersKL</a>	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	<a href="http://www.thecalmzone.net/home">www.thecalmzone.net/home</a> <a href="#">Facebook @theCALMzone</a> Webchat opening hours are 5pm-midnight every day	0800 585 858
Talk For Life	Company based at 47 Rodney Street in Liverpool City Centre, UK. They can help you to identify and manage your mental health needs, whether you're a carer, you're unemployed, you're a parent, or you simply need their services.	<a href="https://www.talkforlife.org/">https://www.talkforlife.org/</a>	Visit or email at <a href="mailto:hello@talkforlife.org">hello@talkforlife.org</a>
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.	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	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.	<a href="https://www.qwell.io/">https://www.qwell.io/</a>	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.	<a href="http://www.childline.org.uk">www.childline.org.uk</a> <a href="#">Facebook @Childline</a> <a href="#">Instagram - childline_official</a>	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	<a href="http://www.mind.org.uk">www.mind.org.uk</a> <a href="#">Facebook @mindforbettermentalhealth</a> <a href="#">Twitter @mindCharity</a>	0300 123 3393 Text: 86463
Mental Health Foundation	Straightforward and clear information on every aspect of mental health and learning disabilities	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a> <a href="#">Facebook @menatalhealthfoundation</a> <a href="#">Twitter @mentalhealth</a>	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.	<a href="http://www.rethink.org">www.rethink.org</a> 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.	<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a>	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.	<a href="https://www.samaritans.org">https://www.samaritans.org</a>	116 123 for free or via email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (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.	<a href="https://www.wannatalkaboutit.com/gb/">https://www.wannatalkaboutit.com/gb/</a>	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.	<a href="https://allianceofhope.org/our-story/">https://allianceofhope.org/our-story/</a>	N/A
<b>Sexual Health</b>			
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.	<a href="https://www.avert.org">https://www.avert.org</a> 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.	<a href="http://www.brook.org.uk">www.brook.org.uk</a> Facebook @BrookCharity Twitter @brookcharity	0151 207 4000 07717 989 023
BPAS	General information and support for unplanned pregnancies	<a href="http://www.bpas.org">www.bpas.org</a>	03457 304030
NHS Guide – Sex and Young People	General information on sexuality	<a href="http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Amlgay.aspx">www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Amlgay.aspx</a>	Information service only
NHS Guide To STI's	NHS site on sexually transmitted infections	<a href="http://www.nhs.uk/Livewell/STIs/Pages/STIs-hub.aspx">www.nhs.uk/Livewell/STIs/Pages/STIs-hub.aspx</a>	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.	<a href="http://www.nhs.uk/oneyou/sexual-health">www.nhs.uk/oneyou/sexual-health</a>	Information service only

Social Welfare			
Bullybusters	Information and practical advice on bullying for children, teenagers and adults	<a href="http://www.bullybusters.org.uk/">www.bullybusters.org.uk/</a> Facebook @LocalSolutions Twitter @BBusters	0800 169 6928
Children's Legal Centre	Legal rights information for young people	<a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a> 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.	<a href="http://www.myh.org.uk">www.myh.org.uk</a> Facebook @muslimyouthhelpline Twitter @muslimyouthhelp	0808 808 2008
Refuge	Help lines for women and children on domestic violence	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a> 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	<a href="http://www.themix.org.uk">www.themix.org.uk</a> 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.	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>	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).	<a href="http://www.mensadvice.org.uk">http://www.mensadvice.org.uk</a>	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	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a> Facebook @CitizensAdvice Twitter @CitizensAdvice	03444 111 444
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	<a href="https://www.police.uk/contact/101/">https://www.police.uk/contact/101/</a>	101
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.	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>	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	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a> Facebook @clickceop	Information service only

		Twitter @CEOPUK	
<b>Radicalisation and Extremism</b>			
Channel General Awareness	Explains how Channel links to the governments counter terrorism strategy (CONTEST)	<a href="https://educateagainsthate.com/resources/channel-awareness-e-learning/">https://educateagainsthate.com/resources/channel-awareness-e-learning/</a>	Information and access to eLearning module
Radicalisation Research	Aims to provide policymakers, journalists, and anyone whose work utilises concepts such as radicalisation, fundamentalism or extremism, with easy access to high-quality academic research on these controversial issues.	<a href="https://www.radicalisationresearch.org/">https://www.radicalisationresearch.org/</a>	Information service only