

SOUTHWARK SCHOOLS HR

Health & Well-being References

There are a number of charities and organisations with professional assistance at hand to support employers and individuals.

Southwark based support for residents

Organisation	Details	About the organisation
Southwark Wellbeing Hub	<p>https://www.together-uk.org/southwark-wellbeing-hub/about-the-hub/</p> <p>Telephone number: 0203 751 9684 Email: Southwarkhub@together-uk.org Telephone number: 0800 562 561 hours helpline Email: enquiries@edsupport.org.uk</p>	<p>Provides information and support to anyone living in Southwark who is worried about their wellbeing or that of someone close to them. It is free for anyone who lives in Southwark or is registered with a Southwark GP.</p> <p style="text-align: right;">24</p>
Free Swim & Gym	<p>https://www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym</p>	<p>Southwark residents can use swimming and gym facilities for free in all of our leisure centres</p> <p>You can get free access at the following times:</p> <p>all day Fridays (check with your local leisure centre for any exceptions) Saturday and Sunday (from 2pm to closing) adults aged over 60 years can take part in any Silver sessions free throughout the week disabled residents who meet the eligibility criteria, can use every leisure centre free, seven days a week</p>
Big White Wall	<p>https://www.bigwhitewall.com</p>	<p>Big White Wall is free and available to all Southwark residents aged 16+. It provides 24/7 peer and professional support (with trained counsellors online at all times), plus a range of wellbeing tools to help people self-manage. Southwark residents going through a tough time or struggling with mental health issues can now get free anonymous online support.</p>
Together All	<p>Togetherall</p>	<p>Safe, online community where people support each other anonymously to improve mental health and well-being.</p>

General Health and Well-being		
Organisation	Details	About the organisation
Age UK	https://www.ageuk.org.uk/ Telephone number: 0800 678 1602	Age UK provides free information and advice to help older people on topics as diverse as claiming benefits to care homes.
Citizen Advice	https://www.citizensadvice.org.uk/ Telephone number: 0800 144 8848	Citizen Advice provides people with the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.
Mind	https://www.mind.org.uk/ Telephone number: 0300 123 3393 Email: info@mind.org.uk	Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.
Rethink Mental Illness	https://www.rethink.org/ Telephone number: 0808 801 0525 Email: advice@rethink.org	Rethink know that if people don't receive the right support, mental illness can destroy their lives. They recognise gaps in service provision and respond to these by developing and delivering services that provide high-quality care and support to people severely affected by mental illness.
SAMARITANS	https://www.samaritans.org/ Telephone number: 116 123 Email: jo@samaritans.org	The Samaritans offer support, 24 hours a day, 365 days a year.
SANE	https://www.sane.org.uk/ Telephone number: 0300 304 7000 Email: info@sane.org.uk	SANE has a range of services to help improve the quality of life for anyone affected by mental illness.
Education Sector Support		
Organisation	Details	About the organisation
Education Support Partnership (ESP)	https://www.educationsupport.org.uk/ Telephone number: 0800 0562 561	UK Charity dedicated to supporting the mental health and well-being of education staff and governors in schools, colleges and universities.

Support for children and young people

Organisation	Details	About the organisation
Childhood Bereavement Network	https://www.childhoodbereavementnetwork.org.uk	A national federation of organisations offering support and information to bereaved pupils. Their website includes a section for teachers on how to support pupils after experiencing a death, including some resources available to purchase.
Childline	https://www.childline.org.uk/ Telephone number: 0800 11 11 24 hours helpline Online messageboard via website	Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, there trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.
Grief Encounter	https://www.griefencounter.org.uk/ Telephone number: 0808 802 0111 Email: griefftalk@griefencounter.org.uk Live Chat available via website	Grief Encounter is here to help with the confusion, fear, loneliness and pain, providing a lifeline to children and young people to cope with free, immediate, one-to-one support.
Hope Again	https://www.hopeagain.org.uk Email: hopeagain@cruse.org.uk Messageboard available via website	Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services.
NSPCC	https://www.nspcc.org.uk/ Telephone number: 0808 800 5000 Email: help@nspcc.org.uk	NSPCC helps children who've been abused, protect children at risk and find the best ways to prevent child abuse from ever happening.
PAPYRUS	https://www.papyrus-uk.org/ Telephone number: 0800 068 4141 Email: pat@papyrus-uk.org Textline: 07860 039967	PAPYRUS helps with the prevention of Young Suicide and is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.
The Lullaby Trust	https://www.lullabytrust.org.uk/ Telephone number: 0808 802 6868 Email: support@lullabytrust.org.uk	The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional
Winston's Wish	https://www.winstonswish.org/ Telephone number: 08088 020 021 Email: ask@winstonswish.org	Winston's wish support grieving children and young people after the death of someone important.

Bereavement		
Organisation	Details	About the organisation
ACAS	https://www.acas.org.uk/absence-from-work/time-off-for-bereavement	Advisory, Conciliation and Arbitration Service (ACAS) provides free and impartial advice to employers and employees.
Child BereavementUK	Child Bereavement UK	Child Bereavement UK believes that all families should have access to the
	Elephant's Tea Party Child Bereavement UK Telephone number: 0800 02 888 40 Email: Helpline@childbereavementuk.org Live Chat available via website	Resources to equip pupils with coping skills for bereavement, now and in later life.
CRUSE	https://www.cruse.org.uk School specific section https://www.cruse.org.uk/get-help/for-schools Telephone number: 0808 808 1677 Cruse Live Chat: Available via website	Cruse Bereavement Care is a national organisation dedicated to offering support to bereaving families, adults and pupils.
The Compassionate Friends	https://www.tcf.org.uk/ Telephone number: 0345 123 2304 Email: helpline@tcf.org.uk	The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.
Survivors of Bereavement by Suicide	https://uksobs.org/ Email: email.support@uksobs.org	Survivors of Bereavement by Suicide offers peer-to-peer support to all those over the age of 18, impacted by suicide loss in the UK. They help those bereaved by suicide to support each other, at the time of their loss and in the months and years that follow.
Bliss	https://www.bliss.org.uk/parents/coping-with-loss/bereavement	For support and information for parents with a baby in neonatal care.
Dying Matters	https://www.hospiceuk.org/information-and-support/death-and-dying-what-expect/about-death-and-dying	On talking about dying, death and bereavement.
Miscarriage Association	https://www.miscarriageassociation.org.uk/information/miscarriage-and-the-workplace/employees-	For miscarriage support and advice.
Sands	https://www.sands.org.uk/	For support following the death of a baby before during or shortly after birth.
Sue Ryder	https://www.sue Ryder.org/how-we-can-help/bereavement-information/supporting-someone-else/employer-bereavement-support	On supporting staff after a death.
Bereavement UK	http://www.bereavement.co.uk/	A hub for bereavement support and information.