

Useful info for Apprentices & Employers during COVID19

This resource sheet provides information on a wide variety of information sources, organisations and agencies that may be helpful at the moment.

<p>Employment Information</p> <p>The following sites are useful sources of information for Employers and Employees to ho to if you have a question about work at the moment to ho to if you have a question about work at the moment</p> <p>Gov. UK https://www.gov.uk/coronavirus for the latest information on the Coronavirus and employment and financial support</p> <p>ACAS – https://www.acas.org.uk/coronavirus - free advice and guidance for employers and employees on Employment law and practical advice and information</p> <p>Unite the Union https://unitetheunion.org/campaigns/coronavirus-covid-19-advice/ Information and practical advice for union members and Frequently Asked Questions in relation to work, worker rights and CV19</p>	<p>Useful Support Services/ Other Practical Information</p> <p>Electrical Industries Charity (EIC) https://www.electricalcharity.org/index.php/what-we-do/our-services JTL Apprentices and Employees (all trades) can access advice & support & practical information on a wide range of topics from the EIC</p> <p>Utility Supply information https://www.gov.uk/government/news/government-agrees-measures-with-energy-industry-to-support-vulnerable-people-through-covid-19 information from Government for people who may need support to keep their energy supply during CV19 measures. from Government for people who may need support to keep their energy supply during CV19 measures.</p>
<p>Keeping Well</p> <p>The following sites are useful if you are concerned about yourself or the wellbeing of Friends or Family</p> <p>The Mix https://www.themix.org.uk/ - really useful site aimed at people aged 25 and under with lots of practical advice as well as information about looking after your wellbeing</p> <p>MIND https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ advice and information about mental health and wellbeing and looking after yourself</p> <p>NHS https://www.nhs.uk/conditions/coronavirus-covid-19/ NHS information and guidance on CV19 as well as general health information</p>	<p>Keeping Safe</p> <p>Samaritans https://www.samaritans.org/ 24 x7 telephone and online chat for people facing a difficult time, or thinking of suicide</p> <p>Child Line https://www.childline.org.uk/ confidential phone and counselling services for children, additional useful information links for parents and carers on matters including child mental and physical health and keeping them safe</p> <p>NSPCC online safety https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/ useful internet safety information for Parents and Carers</p> <p>Safer Internet Centre https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s safer internet information for older children and young people</p> <p>Internet Matters https://www.internetmatters.org/advice/14plus/ Internet and mobile device safety information for parents</p>



"What if I don't want to or can't talk to anybody who knows me?"

If you feel unable to talk to someone you know, you can always contact **The Mix** on **0808 808 4994** or **ChildLine** on **0800 1111**. Both are free of charge and will listen to you and offer help and advice, without judgement.

Other National Organisations and Agencies

AL-Anon Family Groups: 0800 008 6811 www.al-anonuk.org.uk: For anyone who has been affected by someone else's drinking problem.

Alliance: www.m-alliance.org: Advocacy, training and helpline for those in current or previous drug or alcohol treatment.

Beat: 0808 801 0711 www.beatingdisorders.org.uk: Youthline for young people who are affected by eating disorders.

Brook: www.brook.org.uk: Provides free and confidential service on sexual health and wellbeing for under 25s.

Bullying UK: 0808 800 2222 www.bullying.co.uk: For information and advice on bullying.

Cruse Bereavement Care (Hope Again): 0808 808 1677 (free) www.hopeagain.org.uk: For young people affected by bereavement.

Drugs & Alcohol: Frank: 0300 123 6600 (free) www.talktofrank.com: Provides confidential advice and help to anyone affected by drugs.

Electrical Industries Charity: 0800 652 1618 www.electricalcharity.org: An assistance service for all JTI apprentices.

Gendered Intelligence: www.genderedintelligence.co.uk: Advice and information on transgender and gender diversity for young people and families.

Left home or run away: 116 000 (free 24 hrs runaway helpline) www.missingpeople.org.uk: Free and confidential helpline for young people.

National Youth Advocacy Service: 0800 808 1001 (free) www.nyas.net: Free independent advice and information to all children and young people.

Samaritans: 116 123 www.samaritans.org.uk: Provides confidential emotional support to people of all ages.

Saneline: 0300 304 7000 www.sane.org.uk: Provides a listening service, crisis support and useful information on coping with mental health problems.

Sexual Healthline: 0800 567 123 (free 24 hrs): Provides free and confidential advice and information on sexual health.

Stonewall: www.stonewall.org.uk: Lesbian, gay, bisexual and transgender (LGBT) charity encouraging everyone to be accepted for who they are, without exception.

Voice: 0808 800 5792 (free) www.voicoyp.org: Provides local advocacy advice to young people in the care system or living away from home.

Young Carers: www.carers.org/about-us/about-young-carers: For children and young people who provide care to an ill or disabled relative.

Young Minds: www.youngminds.org.uk: For young people who need advice on mental health.

Youth Access: 020 8772 9900 www.youthaccess.org.uk: Access to local services that offer information, advice and counselling.

Information correct at time of print.