

## Time to Talk

We understand that often life can get in the way, whether it's a bereavement of someone close to you or stress in the workplace. Often people don't think of talking to someone about these kinds of issues however it is very important you do so, here are a number of helplines tailored to helping with many different situations you may come across.

Don't forget you are always able to talk to us here at Skills for Security, if you have any safeguarding issues you wish to talk to us about or contact information of professionals to help, get in touch

Email [trainingsupport@skillsforsecurity.org.uk](mailto:trainingsupport@skillsforsecurity.org.uk)

Or

Call 07540 902 257

### Samaritans

Support for anyone who is suffering from any suicidal thoughts, untoward feelings etc

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Call 116 123

### Gamcare

provide support, information and advice to anyone suffering through a gambling problem.

[www.gamcare.org.uk](http://www.gamcare.org.uk)

[info@gamcare.org.uk](mailto:info@gamcare.org.uk)

0808 802 0133

### Anxiety UK (formerly National Phobics Society)

Helps all those suffering with anxiety disorders. Self-help leaflets and contact lists. Self-help groups, counselling, phone self-help groups, email support.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

03444 775 774

0300 1236600

### Alcoholics Anonymous (AA)

Over 3,300 groups in the UK. Help drinkers to stay sober and to help other alcoholics to achieve sobriety.

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

[help@aaemail.org](mailto:help@aaemail.org)

0800 9177 650

### The Calm Zone

Information and resources on managing your anger

[www.thecalmzone.net/talk/issues/anger](http://www.thecalmzone.net/talk/issues/anger)

0808 802 58 58

### Talk to Frank

Find out everything you need to know about drugs, their effects and the law.

<https://www.talktofrank.com/>

[frank@talktofrank.com](mailto:frank@talktofrank.com)

[0300 1236600](tel:03001236600)