

Workplace Wellness Well-being & Support Helplines

Substance Abuse

Alcoholics Anonymous East Kent 01227 455557
Drinkline 0300 123 1110
Talk to Frank 0300 123 6600 or text 82111
Forward Trust East Kent 01843 233600
One YOU Smoke Free Kent 0300 123 1220

Domestic Violence

National Domestic Abuse Helpline 0800 2000 247
Kent Integrated Domestic Abuse Service (KIDAS)
0808 168 9111
National LGBT+ Domestic Abuse Helpline
0800 999 5428
East Kent Oasis 0800 917 9948
Download the Hollie Guard app on your phone for free
For those who are abusive towards their partner and want to stop, contact RESPECT
0808 802 4040

Bereavement

Sudden 0800 260 0400
Cruse Bereavement Care 0808 808 1677
The Compassionate Friends for Bereaved Parents
0345 123 2304
Miscarriage Association 01924 200 799

Menopause

Women's Health Concern Email Advisory Service via
www.womens-health-concern.org

Loneliness

CALM (Campaign Against Living Miserably)
0800 585 858

Mental Health Support

Education Support Helpline 08000 562 561
SANEline 03000 304 7000
East Kent Mind 07950 608827
Samaritans 116123
If you need urgent support in a mental health crisis, call the Kent and Medway NHS & Social Care Partnership helpline on 0800 783 9111
National Suicide Prevention Line 0800 689 9111

Food Banks

Thanet Food Link
01843 447187
The Pet Room Food Bank
07877 077263

Workplace Bullying

Protect: Confidential Whistleblowing Service
0203 117 2520
ACAS 0300 123 1100

Sexual Health

National Sexual Health Helpline 0300 123 7123

Disordered Eating

BEAT 0808 801 0677

Gambling

National Gambling Helpline
0808 802 0133

Relationship Breakdown

Relate 01227 766094
The Spark 0808 585858

Debt, Finance and Benefits

Thanet Citizens Advice Bureau 0344 411 1444
Money Advice Service 0800 138 7777
For those who are or have experienced domestic violence, Money Advice Plus 0808 1963 699
Step Change 0800 138 1111
CAP (Christians Against Poverty) 0800 328 0006
Turn2Us (Benefits Information) 0808 802 2000
KSAS (Kent Support & Assistance Service)
0300 333 5700

Stalking, Harassment, Discrimination and Hate Crimes

EASS (Equality Advisory and Support)
0808 800 0082
LGBT+ Hate Crime Helpline
0207 704 2040
Crimestoppers
0800 555 111
The National Stalking Helpline
0808 802 0300

Trauma and Victim Support

Victim Support 0808 168 9111
East Kent RCC Crisis Line 0808 458 2818 Support Line 01887 450400
Safeline Helpline (Male only) 0808 800 5005
EKRC Independent Advisory Service 01227 451 753
NAPAC (Childhood abuse) 0808 801 0331

VAT Staff Specific Assistance

Cantium Staff Care Services 03000 411 411 or you can apply online: https://kentcc-self.achieveservice.com/en/AchieveForms/?form_uri=sandbox-publish://AF-Process-d47d6e0b-d8ab-427b-8b60-6c228ecc351f/AF-Stage651d8a46-d9f8-40ee-bc21-b4218812c2c7/definition.json&redirectlink=%2F&cancelRedirectLink=%2F
Lisa Blatchford, HR Director, for Wellbeing and Stress Management Coaching 01843 597695 or email lisa.blatchford@vikingacademytrust.com

Pregnancy, Parenting and Caring Responsibilities

Tommy's Pregnancy Line 0800 014 7800 or email midwife@tommys.org
Cry-sis Helpline 08451 228 669
PANDAS (PND Awareness and Support) 0808 1961 776
National Childbirth Trust 0300 330 0700
Gingerbread (advice and support for lone parents) 0808 802 0925
Young Minds (children's mental health—for parents & carers) 0808 802 5544
Carers Support East Kent 0300 302 0061 or email support@carersek.org.uk

Housing and Homelessness

Shelter 0808 800 4444
TDC Housing Options
01843 577277 or email
housing@thanet.gov.uk

Gender Identity and Sexuality

LGBT Foundation 0345 330 3030
Switchboard LGBT+ Helpline 0300 330 0630
Mermaids UK (for parents) 0808 801 0400
MindLine Trans+ 0300 330 5468



The trick to having happy children, is to first be happy yourself!