

Support at Skills4Stem

Organisation	Phone number	Email address/ web address
Careers advice		
National Careers Service (NCS)	0800 100 900	https://nationalcareersservice.direct.gov.uk/
Go Construct	online only	https://www.goconstruct.org/
Safeguarding		
Skills 4 Stem Safeguarding & Prevent Lead	01234 969309	safeguarding@skills4stem.co.uk Contact: Tracy Butler
Vulnerable Adult Safeguarding @	01234 276222	adultprotection@bedford.gov.uk
Local Safeguarding Children's Board	01234 223599	https://www.bedford.gov.uk/social-care-health-and-community/children-young-people/safeguarding-children-board/
Out of hours emergency number for all Councils (Children & Adults)	0300 300 8123	phone only
NSPCC Helpline	0808 800 5000	Children under 19
Prevent		
Bedfordshire Police	01234 846960	https://www.bedfordshire.police.uk/
Confidential Anti-terrorism hotline	0800 789 321	Phone only
Bedford Youth Offending Service	01234 276400	phone only
Bedfordshire Probation Trust	01234 350401	phone only
Money, benefits & debt		
Citizen's Advice Bureau	0344 411 1444	https://www.citizensadvice.org.uk/
Money Advice Service	0800 138 7777	https://www.moneyadviceservice.org.uk/en

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Housing		
Shelter	0808 800 4444	http://england.shelter.org.uk/get_advice/homelessness .
Help with medical costs		
Pre-payment Certificates	0300 330 1341	https://apps.nhsbsa.nhs.uk/ppcwebsales/patient.do
Help with health costs	0300 330 1343	http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Prescriptioncosts.aspx
Health		
Find a GP	online only	https://www.nhs.uk/Service-Search/GP/LocationSearch/4
Sexual Health	online only	https://www.nhs.uk/Service-Search/Sexual-health-services/LocationSearch/1847
NHS Quit Smoking	0300 123 044	https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/
Information & advice on drugs: Talk to Frank	0300 1236600	https://www.talktofrank.com/
LGBT		
Light Foundation	0345 303030	https://lgbt.foundation
Stonewall	08000 502020	http://www.stonewall.org.uk/help-advice/coming-out/coming-out-young-person
Transgender		
TransUnite	online only	TransUnite is a comprehensive resource for people in the UK searching for support in the transgender community. https://www.transunite.co.uk/

Support for mental health		
Access to Work Mental Health Support Service,	0300 456 8110	https://information.remploy.co.uk
NHS help with depression	online only	https://www.nhs.uk/conditions/clinical-depression/symptoms/
Mind	0300 123 3393	http://www.mind.org.uk
Samaritans	116123 (24 hour service)	https://www.samaritans.org/

Organisation	Phone number	Email address/ web address
Support for learning and physical disabilities		
Abilitynet	0800 269 545 (UK home calls only) or 01926 312 847 (from work)	National and regional centres. How IT can assist disabled people. Information, advice, factsheets. Assessments of IT needs. enquiries@abilitynet.co.uk www.abilitynet.org.uk
Attention Deficit Disorder Information Services	0208 952 2800	info@addiss.co.uk www.addiss.co.uk
ADD/ADHD Online Support Group	online only	www.adders.org
British Dyslexia Association	0333 405 4555	https://www.bdadyslexia.org.uk/
CaF Directory of Specific Conditions & Rare Syndromes in Children	020 7608 8700 or helpline 0808 808 35551	The web lists 800 named conditions and Family Support Networks. www.cafamily.org.uk
The Dyspraxia Foundation	01462 454 986	admin@dyspraxiafoundation.org.uk www.dyspraxiafoundation.org.uk
Education Otherwise	0845 478 6345	A self-help group of families involved in home education www.education-otherwise.net

The Forces. SSAFA, (Soldiers', Sailors' and Airmen's Families Association)	020 7403 8783	info@ssafa.org.uk www.ssafa.org.uk
Disability Rights UK	020 7250 3222	A national organisation/pressure group working with and for disabled people, including students. www.disabilityrightsuk.org/

Organisation	Phone number	Email address/ web address
Support for learning and physical disabilities		
Access to Work	online only	Provides advice and practical support to disabled employees to overcome difficulties. www.gov.uk/access-to-work
Remploy Interwork	0300 456 8110	Aim to expand employment opportunities for disabled people. www.remploy.co.uk
Speakability	020 7261 9572 or 080 8808 9572 (Mon-Fri 10am-4pm)	speakability@speakability.org.uk www.speakability.org.uk
The Royal College of Speech and Language Therapists	020 7378 1200	Information about NHS hospital and clinic provision and independent therapists. info@rcslt.org
The Association of Speech and Language Therapists in Independent Practice (SALT)	01494 488 306	www.helpwithtalking.com
Stroke Association	0303 3033 100	info@stroke.org.uk www.stroke.org.uk