

Get Set for safeguarding

Do you need help?

‘Made by learners, for the learners.’



for a
better
tomorrow

getsetuk.co.uk

Contents

Introduction	3
Abuse and other problems outside the workplace	3
Bereavement	4
Bullying	4
Depression.....	5
Eating disorders.....	5
Homelessness	6
Staying safe on the internet	7
Learning difficulties	8
Pregnancy.....	9
Single parent.....	9
Sexual health	9
Substance abuse	10
Young carers	10
Other useful links and hotlines	11

Introduction

Get Set UK are here to help you if you have any issues that affect you in everyday life; whether it's in the workplace or at home.

The purpose of this booklet is to offer advice and point you in the right direction if you need help with problems such as; Mental Health, Abuse, Stress and many more.

You will be provided with; explanations, links to useful websites, hotlines and other helpful advice if you feel that any of these problems apply to you.

This was made by a team of Apprentices from Get Set UK.

Abuse and other problems outside the workplace

Definition:

Abuse is an act of violation of an individual's rights by another person(s). Abuse may consist of single or repeated acts; these acts can be physical, verbal or psychological.

Different forms of abuse:

- Physical
- Sexual
- Psychological
- Financial
- Neglect and acts of omission
- Discrimination
- Institutional
- Self-harming

Links:

<http://thisisabuse.direct.gov.uk/>

<http://www.abuse-survivors.org.uk/>

<http://www.womensaid.org.uk/?qclid=COvz6bzk87oCFfSWtAodNUoAuA>

<http://www.victimsupport.org.uk/Help%20for%20victims/Different%20types%20of%20crime/Rape%20sexual%20assault%20women>

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

Bereavement

Definition:

The word “Bereavement” is used to describe the period of grief and mourning we go through after someone close to us dies.

Everyone reacts differently to the shock that someone they know has died. There’s no right way to grieve, and everyone’s got different ways of dealing with their feelings. Lots of people feel disbelief or they go into denial and just carry on as normal as though nothing has happened. They try and pretend that things are the same as they always were so they don’t have to deal with their feelings at that particular time. Other people get angry, sometimes at a specific person, or with the world in general or even at the person who’s died. It’s not that unusual for people to blame themselves, even though, really, they weren’t to blame at all.

Links:

<http://www.rcpsych.ac.uk/expertadvice/problems/bereavement/bereavement.aspx>

<http://www.nhs.uk/Livewell/emotionalhealth/Pages/Dealingwithloss.aspx>

<http://www.wikihow.com/Cope-with-Loss-and-Pain>

<http://www.netmums.com/parenting-support/miscarriage-and-loss/loss-and-bereavement>

Bullying

Definition:

Bullying is the use of force, threat, or coercion to abuse, intimidate, or to aggressively impose domination over others. It is often repeated and habitual. One essential prerequisite is the perception, by the bully or by others, of an imbalance of social or physical power.

Types:

- Physical
- Verbal
- Emotional
- Cyber bullying

Links:

<http://www.wikihow.com/Deal-With-Bullies>

<http://www.helpguide.org/mental/cyber-bullying.htm>

http://www.nspcc.org.uk/help-and-advice/worried-about-a-child/online-advice/physical-abuse/physical-abuse-a_wda87106.html

Depression

Definition:

Depression is a state of low mood and aversion to activity that can affect a person's activities. Depressed people may feel sad, anxious, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions, and may contemplate or attempt suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains, or digestive problems that are resistant to treatment may also be present.

Types:

- Major depression disorder
- Manic depression (bipolar disorder)
- Dysthymic depression
- Situational depression
- Psychotic depression
- Endogenous depression

Symptoms:

- Loss of interest in activities that you used to enjoy
- Desire to avoid social occasions
- Feelings of guilt or worthlessness (often with no logical basis)
- Changes in appetite (either overeating or loss of interest in food)
- Excessive tiredness. Changes in the speed of your movement, to the point where it's noticeable to others
- Changes in sleeping patterns (either a reduced need for sleep or sleeping excessively)
- Suicidal thoughts, or thoughts that the world would be better without you

Links:

http://www.helpguide.org/mental/depression_tips.htm

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/>

<http://www.actionondepression.org/information/depression/living-with-depression/work-and-depression/employers-depression>

Eating disorders

Definition:

Eating disorders are categorised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour.

Types:

- Anorexia Nervosa – When someone tries to keep their weight as low as possible, for example by starving themselves or exercising excessively.
- Bulimia - When someone tries to control their weight by binge eating and deliberately being sick, or using laxatives.
- Binge eating – When someone feels compelled to overeat.

Causes:

- Having a family history of eating disorders
- Depression
- Substance misuse
- Being criticised for eating habits, body size or weight
- Being overly concerned with being thin, particularly if combined with pressure to be slim from society
- Particular experiences such as sexual or emotional abuse or the death of someone special
- Difficult relationships
- Stressful situations

Spotting an eating disorder:

- Missing meals
- Complaining of being fat even though they have a normal weight or they are under weight
- Repeatedly weighing themselves and looking at themselves in the mirror
- Making repeated claims that they have already eaten or they will shortly be going out to eat somewhere else
- Cooking big or complicated meals for other people but eating little or none of the food themselves
- Only eating certain low calorie foods in someone else's presence such as lettuce or celery
- Feeling uncomfortable or refusing to eat in public places
- The use of pro anorexia websites

Links:

http://www.nhs.uk/Search/Pages/Results.aspx?_JSSniffer=true&q=Eating+disorders

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/anorexiaandbulimia.aspx>

<http://www.b-eat.co.uk/>

Homelessness

Definition:

The state or condition of having no home (especially the state of living on the streets).

Types:

- Situational or transitional: This is when someone is forced into homelessness because of uncontrollable circumstances such as losing a job, loss of main breadwinner (father, husband, wife) etc.
- Episodic or cyclical: This is when a person repeatedly falls in and out of homelessness. This often happens with drug addicts and with people experiencing mental health issues. The person might live through episodes of severe depression in a cyclical way, and fall back in homelessness when these occur. Same for someone with drug abuse issues. The person may be able to stop consuming for certain periods of time and get off the street, while being at high risk of homelessness all the time.
- Chronic: This is when an individual is in the street for a long period of time and very few or no resources are at their disposition to modify their situation. Often, these people will suffer from mental health issues. They won't have the ability to modify their situation without the support of others. It is very rare that someone will be homeless all of his or her life on a voluntary basis.
- Those who are "doubled up" or "sofa surfing" are also considered homeless if their housing arrangement is for economic reasons and is unstable (a disagreement or other scenario could result in being asked to leave)

Links:

www.homelessuk.org

<https://www.gov.uk/emergency-housing-if-homeless>

Staying safe on the internet

Definition:

Internet safety, or online safety, is the knowledge of maximising the user's personal safety and security risks to private information and property associated with using the internet, and the self-protection from computer crime in general.

Internet safety tips:

- Never give out your real name
- Never tell anyone where you go to school/college/work
- Only meet someone from a chatroom in a public place with one of your parents/carer or another adult. If they are genuinely who they say they are they will be happy to do this
- Never give out your address or telephone number
- Never agree to meet anyone from a chatroom on your own
- Tell an adult if someone makes in-appropriate suggestions to you or makes you feel uncomfortable online

Danger signs:

- If the person tries to insist on having your address or phone number
- If the person wants to keep their chats with you secret
- If the person tells you that you will get into trouble if you tell an adult what has been going on
- If the person emails you pictures which make you feel uncomfortable and which you would not want to show to anyone else
- If the person wants you to email them pictures of yourself or use a webcam in a way which makes you feel uncomfortable
- If the person shares information with you and tells you not to tell anyone else about it
- If the person wants to meet you and tells you not to let anyone know
- If you find any of these danger signs it's important that you tell your parents or another adult.

Links:

http://safe.met.police.uk/internet_safety/get_the_facts.html

<http://www.thinkuknow.co.uk/staysafe>

Learning difficulties

Definition:

A learning disability affects the way a person learns new things in any area of life, not just at school/college. A learning disability affects the way a person understands information and how they communicate. Around 1.5m people in the UK have one.

Types:

- Dyslexia
- Dyspraxia
- Dyscalculia
- ADD/ADHD (Attention deficit and hyperactivity disorder)
- Autism
- Asperger's syndrome

Links:

<http://www.easy-read-online.co.uk/> - a site aimed at making documents simple and easy to read for people with learning disabilities.

<http://www.thesite.org/> - owned and run by YouthNet, provides advice, information and support on all the key issues facing young people.

<http://www.learningdisabilities.org.uk/> - raise awareness of learning disabilities.

<http://www.bdadyslexia.org.uk/> - all information on dyslexia awareness, symptoms and how to deal with dyslexia.

<http://www.counselling-directory.org.uk/learning-difficulties.html> - offers alot of information about learning difficulties, how to detect them and how to seek help.

Pregnancy

Definition:

Teenage pregnancy is pregnancy in human females under the age of 20 at the time that the pregnancy ends. Are you scared and need support?

Links:

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx>

www.teensforlife.com/pregnant-we-can-help

<http://www.standupgirl.com/index.php>

Single parent

Definition:

A person bringing up a child or children without a partner. Are you struggling and need support?

Links:

www.spanuk.org.uk

www.gingerbread.org.uk

www.nidirect.gov.uk/financial-help-for-lone-parents

Sexual health

Definition:

Within the framework of the World Health Organisation's definition of health as a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, reproductive health, or sexual health/hygiene.

Types:

- Pregnancy
- Abortion
- Sexually Transmitted Infection (STI)
- Relationships
- Pressured into having sex
- General Health knowledge

Links:

<http://www.fpa.org.uk/where-get-help/sexual-health-helpline>

http://www.getconnected.org.uk/get_help/sex_relationships_and_pregnancy/sexual_health

<http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx>

Substance abuse

Definition:

Substance abuse can simply be defined as a pattern of harmful use of any substance for mood-altering purposes.

Types:

- Drugs
- Alcohol
- Tobacco

Links:

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

<http://www.nta.nhs.uk/>

<http://www.nhs.uk/Livewell/drugs/Pages/Drugshome.aspx>

http://www.nhs.uk/Search/Pages/Results.aspx?_JSSniffer=true&q=Drug+or+substance+abuse

Young carers

Definition:

A young carer is someone aged 18 or under who looks after a relative with a condition such as mental health issues, drug and alcohol abuse, illnesses (long or short term) disabilities or conditions such as dementia, epilepsy and arthritis.

If caring is affecting your health, your feelings or your work, you should ask your doctor or your local authority for more help in your home.

If you need to talk or get support for yourself while caring, there are projects around the country that offer help and information to young carers. The projects are a place for young carers to have fun and relax.

Links:

<http://www.essex.gov.uk/Health-Social-Care/carers/Essex-Young-Carers/Pages/Important-facts-to-know.aspx>

www.youngminds.org.uk

www.actionforchildren.org.uk

Other useful links and hotlines

Useful contact numbers and web addresses		
Organisation name	Number	Web address
ACAS	08457 474 747	www.acas.org.uk
Advice Resources	0800 100 900	www.advice-resources.co.uk
Alcoholic Anonymous	0845 769 7555	www.alcoholic-anonymous.org.uk
British Dyslexia Association	0845 251 9002	www.bdadyslexia.org.uk
Chat Danger	Web only	www.chatdanger.com
Child Line	0800 11 11	www.ChildLine.org.uk
Citizens Advice Bureaux	Look on Website	www.citizensadvice.org.uk
Cruse Bereavement Care	0844 477 9400	www.crusebereavementcare.org.uk
Diabetes UK	0207 424 1000	www.diabetes.org.uk
Domestic Violence Helpline	0844 804 4999	www.ncdv.org.uk
Drug Advice Centre	0845 287 6285	www.addictionadvisor.co.uk
Basildon Women’s Aid	01268 581591	www.womensaid.org.uk

Dyslexia Institute	01784 222300	www.dyslexiaaction.org.uk
Eating Disorder Association	0845 634 1414 (over 18) 0845 634 7650 (under 18)	www.b-eat.co.uk
Family Planning	0845 1228690	www.fpa.org.uk
FRANK	0800 776600	www.talktofrank.com
HM Revenue & Customs		
Gingerbread Advice Line – Family & Parents	0800 802 0925	www.gingerbread.org.uk
NHS Direct	0845 46 47	www.nhsdirect.nhs.uk
HIV & STD Information	0207 631 0090	www.samedaydoctor.co.uk
HIV & AIDS	0845 46 47	www.nhsdirect.nhs.uk
Immigration Advisor Service	0207 967 1200	www.iasuk.org
Key Skills (BBC online practice tests)		www.bbc.co.uk/keyskills
Ask Sal	08452 666663	www.asksal.org.uk
Learn Direct	0800 101 901	www.learndirect.co.uk
Like it is (Sex Education for young people)	Web only	www.likeitis.org.uk
Multi Agency Public Protection Arrangements (MAPPA)	Web only	
Marie Curie	0800 716 146	www.mariecurie.org.uk
Mental Health Foundation	020 7848 0204	www.mentalhealth.org.uk
Marie Stopes – Advice for unplanned pregnancy	0845 300 8090	www.mariestopes.org.uk
Mencap	0300 333 1111	www.mencap.org.uk
Miscarriage Association	01924 200 799	www.miscarriageassociation.org.uk
National AIDS helpline	0207 814 6767	www.nat.org.uk

National Apprenticeship Service	0808 001 3219	www.apprenticeships.org.uk
National Asthma Campaign	0800 121 6244	www.asthma.org.uk
National Association for People Abused in Childhood (NAPAC)	0800 085 3330	www.napac.org.uk/contact
National Council for 1 Parent Families	0207 428 5400	www.gingerbread.org.uk
National Counselling Services	0844 803 0240	www.counselling-directory.org.uk
National Drugs Helpline	0800 77 66 00	www.urban75.com
NSPCC Child Protection Helpline	0207 624 0471	www.nspc.org.uk
National Learner Panel		www.direct.gov.uk/nationallearnerpanel
Next Step	Check Website	nextstep.direct.gov.uk
Outlook Pregnancy Support Services	01455 550 800	No Web Address
Princes Trust	0800 842 842	www.princes-trust.org.uk
Rape Crisis Centre	0808 802 9999	www.rasasc.org.uk
RNIB (Supporting the blind & partially sighted)		www.rnib.org.uk
Safe Learner		www.safelearner.co.uk
Samaritans	08457 909090	www.samaritans.org
Sane	0845 767 8000	www.sane.org.uk
Shelterline	0808 800 4444	www.shelter.org.uk
Skills Funding Agency	0845 377 5000	www.skillsfundingagency.bis.gov.uk
UK Government	Check Website	www.direct.gov.uk
Victim Support	0845 3030 900	www.victimsupport.org.uk
Young Offenders Advice & Support	Web only	www.catch-22.org.uk/Young-Offenders
Youth2Youth Helpline	0208 896 3675	www.youth2youth.co.uk

Young People Learning Agency	0800 121 8989	www.ypla.gov.uk
The National Autism Society	020 7833 2299	www.autism.org.uk
The Essex Support Line	01708 765200	www.supportline.org.uk
Connexions	0808 001 3219	www.connexions.gov.uk
Life Train	0130 6730 929	www.lifetrain.org.uk
Carers UK	0207 3784999	www.careresuk.org
Muslim Youth Helpline	0808 808 2008	www.myh.org.uk
Student Depression	Web only	www.studentdepression.org
Teenage Health Freak	Web only	www.teenagehealthfreak.org
Christian Aid	0207 532 2321 0207 532 2105	www.christianaid.org.uk
Epilepsy Action	0808 800 5050	www.epilepsy.org.uk
Divorce Aid	Web only	www.divorceaid.co.uk
Miss Dorothy	Web only	www.missdorethy.com
Southend Mind	01702 601123	www.southendmind.org.uk