

# Do you need Help?



***'Made by learners, for the learners'***

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## Introduction

TheLightBulb Ltd 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 TheLightBulb Ltd.



## 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://www.womensaid.org.uk/?gclid=COvz6bzk87oCFfSWtAodNUoAuA>

<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
- Cyberbullying

### Links:

<https://www.nationalbullyinghelpline.co.uk/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>







## Eating Disorders

### Description:

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.rcpsych.ac.uk/healthadvice/problemsdisorders/anorexiaandbulimia.aspx>

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



## Homelessness

### Description:

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:

[https://www.mungos.org/get-involved/help-homeless-winter/?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Fundraising&utm\\_term=best%20charities%20donate&utm\\_content=Fundraising](https://www.mungos.org/get-involved/help-homeless-winter/?utm_source=bing&utm_medium=cpc&utm_campaign=Fundraising&utm_term=best%20charities%20donate&utm_content=Fundraising)

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



## Staying Safe on the internet

### Description:

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.

## Learning Difficulties

### Definitions:

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

### Teenage Pregnancy:

#### Description:

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>

<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.gingerbread.org.uk](http://www.gingerbread.org.uk)

[www.nidirect.gov.uk/financial-help-for-lone-parents](http://www.nidirect.gov.uk/financial-help-for-lone-parents)



## 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>



## 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:

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

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



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## Other useful Links and Hotlines

### Useful Contact Numbers and Web Addresses

Organisation Name	Telephone No.	Web Address
ACAS	08457 474747	<a href="http://www.acas.org.uk">www.acas.org.uk</a>
Alcoholic Anonymous	0845 769 7555	<a href="http://www.alcoholics-anonymous.org.uk/">www.alcoholics-anonymous.org.uk/</a>
British Dyslexia Association	0845 251 9002	<a href="http://www.bdadyslexia.org.uk">www.bdadyslexia.org.uk</a>
Child Line	0800 11 11	<a href="http://www.ChildLine.org.uk">www.ChildLine.org.uk</a>
Citizens Advice Bureaux	Look on Website	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Cruse Bereavement Care	0844 477 9400	<a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a>
Diabetes UK	0207 424 1000	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>
Domestic Violence Helpline	0844 804 4999	<a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a>
Drug Advice Centre	0845 287 6285	<a href="http://www.talktofrank.com/get-help/find-support-near-you">www.talktofrank.com/get-help/find-support-near-you</a>
Basildon Women's Aid	01268 581591	<a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>
Dyslexia Institute	01784 222300	<a href="http://www.dyslexiaaction.org.uk">www.dyslexiaaction.org.uk</a>
Eating Disorder Association	0845 634 1414 (over 18) 0845 634 7650 (under 18)	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
Family Planning	0845 1228690	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
FRANK	0800 776600	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
HM Revenue & Customs		
Gingerbread Advice Line – Family & Parents	0800 802 0925	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>
HIV & STD Information	0207 631 0090	<a href="http://www.samedaydoctor.co.uk">www.samedaydoctor.co.uk</a>
Immigration Advisor Service	0207 967 1200	<a href="http://www.iasuk.org">www.iasuk.org</a>
Like it is (Sex Education for young people)	Web only	<a href="http://www.likeitis.org.uk">www.likeitis.org.uk</a>
Multi Agency Public Protection Arrangements (MAPPA)	Web only	<a href="https://www.justiceinspectorates.gov.uk/hmiprobation/research/the-evidence-base-probation/specific-types-of-delivery/mappa/">https://www.justiceinspectorates.gov.uk/hmiprobation/research/the-evidence-base-probation/specific-types-of-delivery/mappa/</a>
Marie Curie	0800 716 146	<a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>
Mental Health Foundation	020 7848 0204	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>



Marie Stopes – Advice for unplanned pregnancy	0845 300 8090	<a href="http://www.mariestopes.org.uk">www.mariestopes.org.uk</a>
Mencap	0300 333 1111	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>
Miscarriage Association	01924 200 799	<a href="http://www.miscarriageassociation.org.uk">www.miscarriageassociation.org.uk</a>
National AIDS helpline	0207 814 6767	<a href="http://www.nat.org.uk">www.nat.org.uk</a>
National Apprenticeship Service	0808 001 3219	<a href="http://www.apprenticeships.org.uk">www.apprenticeships.org.uk</a>
National Asthma Campaign	0800 121 6244	<a href="http://www.asthma.org.uk">www.asthma.org.uk</a>
National Association for People Abused in Childhood (NAPAC)	0800 085 3330	<a href="http://www.napac.org.uk/contact">www.napac.org.uk/contact</a>
National Council for 1 Parent Families	0207 428 5400	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>
National Counselling Services	0844 803 0240	<a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a>
National Drugs Helpline	0800 77 66 00	<a href="http://www.urban75.com">www.urban75.com</a>
NSPCC Child Protection Helpline	0207 624 0471	<a href="http://www.nspc.org.uk">www.nspc.org.uk</a>
Outlook Pregnancy Support Services	01455 550 800	<a href="https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/3989500/governing-document">https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/3989500/governing-document</a>
Princes Trust	0800 842 842	<a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>
Rape Crisis Centre	0808 802 9999	<a href="http://www.rasasc.org.uk">www.rasasc.org.uk</a>
RNIB (Supporting the blind & partially sighted)		<a href="http://www.rnib.org.uk">www.rnib.org.uk</a>
Samaritans	08457 909090	<a href="http://www.samaritans.org">www.samaritans.org</a>
Shelterline	0808 800 4444	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>
UK Government	Check Website	<a href="http://www.direct.gov.uk">www.direct.gov.uk</a>
Victim Support	0845 3030 900	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>
The National Autism Society	020 7833 2299	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
The Essex Support Line	01708 765200	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Muslim Youth Helpline	0808 808 2008	<a href="http://www.myh.org.uk">www.myh.org.uk</a>
Student Depression	Web only	<a href="http://www.studentdepression.org">www.studentdepression.org</a>
Christian Aid	0207 532 2321 0207 532 2105	<a href="http://www.christianaid.org.uk">www.christianaid.org.uk</a>
Epilepsy Action	0808 800 5050	<a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a>
Divorce Aid	Web only	<a href="http://www.divorceaid.co.uk">www.divorceaid.co.uk</a>



**Because TheLightBulb  
wants what's best for...**

