



Pilot IMS Ltd

INFORMATION, ADVICE AND GUIDANCE

GOVERNMENT DEPARTMENTS INCLUDING FUNDING AND TRAINING

www.gov.uk (Gov.uk)

www.hmrc.gov.uk (HM Revenue & Customs)

www.gov.uk/national-minimum-wage (minimum wage)

www.gov.uk/contact-jobcentre-plus (Job Centre Plus)

www.food.gov.uk (Food Standards Agency)

HEALTH & WELFARE RELATED ISSUES

www.adviceguide.org.uk (Citizen's Advice Bureau)

www.allergyuk.org (allergies and disabilities)

www.nhs.uk/change4life (healthy eating and diet)

www.hnh.uk/livewell/disability (living with a disability)

www.alcoholics-anonymous.org.uk (alcohol advice)

www.talktofrank.com (drug and alcohol advice)

www.quit.org.uk (quit smoking)

www.nationaldomesticviolencehelpline.org.uk (domestic violence)

www.childline.org.uk (harm and abuse)

www.thinkuknow.co.uk & cybermentors.org.uk (e safety and bullying)

www.fpa.org.uk (sexual health and relationships)

www.bpas.org (British Pregnancy Advisory Service)

USEFUL PHONE NUMBERS

Aids Helpline 0800 567 123

Brook (sexual services for young people) 08000185 023

Carers Direct (NHS) support for carers 0808 802 0202

Citizens Advice 03444 77 1010/0121 683 6900

Crime Stoppers – Crime Prevention 0800 555 111

Crime Victim Support 0845 303 0900

Drinkline 0800 917 8282

Drugs – National Drugs Helpline 0800 776 600

Family – Ginerbread (support & advice lone parents) 02074 889 300

Gam Care – National Association for Gamblin Care) 0845 6000 133

Homelessness – (sheltering 24 hours) 0808 800 4444

Samaritans (24 hours) 0845 790 9090