



This information list is only supplied as a means of obtaining further advice and guidance relevant to the situation(s) that you find yourself.

Learning & Skills Solutions are not responsible for the content of any of the telephone contacts/websites listed or referred to during any discussion or the advice provided by representatives of those organisations.

Health Advice: For an assessment of your symptoms and advice on your next steps, call 111 or, if it's less urgent, see your GP. If urgent/life threatening, call 999

Anti-Terrorist Hotline

If you're concerned about suspicious behaviour in your neighbourhood or have information you believe may help the police, please call the Anti-Terrorist Hotline. The number is **0800 789321**.

Report online material promoting terrorism or extremism

Report illegal or harmful information, pictures or videos you've found on the internet. You can make your report anonymously. <https://www.gov.uk/report-terrorism>

NATIONAL

- National Careers Service – www.nationalcareersservice.direct.gov.uk
- National Apprenticeship Service - www.gov.uk/further-education-skills/apprenticeships
- Citizens Advice Bureau - www.citizensadvice.org.uk / 0344 4777 0808
- Samaritans - www.samaritans.org / 116 123
- Shelter - www.shelter.org.uk / 0808 800 4444
- Mind - www.mind.org.uk / 0300 123 3393 or TEXT 86463
- National Debt Line - <https://www.nationaldebtline.org/>
- Money Advice Service - www.moneyadviceservice.org.uk
- Government Services - www.gov.uk
- Department for Work and Pensions/ Job Centre Plus – 0345 604 3719
www.gov.uk/.../organisations/department-for-work-pensions
- Talk to Frank – Drugs - www.talktofrank.com
- Gay, Lesbian, Bisexual and Transgender - www.lgbs.org.uk London + www.lgbt.co.uk
- Princes Trust – www.princes-trust.org.uk
- Catch 22 - www.catch-22.org.uk
- Crimestoppers – 0800 555 111 / Non Emergency Police – 101
- National Rail Enquiries - 03457 48 49 50
- Childline – 0800 1111 / NSPCC – 0808 800 5000
- Floodline – 0345 988 1188
- Gas Leak Emergency – 0800 111 999
- RSPCA – 0300 1234 999

LONDON

- London Borough of Newham Council - <https://www.newham.gov.uk>
- Tower Hamlets Jobs & Careers -
http://www.towerhamlets.gov.uk/lgnl/jobs_and_careers/jobs_and_careers.aspx
- Greenwich Local Labour -
http://www.royalgreenwich.gov.uk/info/343/greenwich_local_labour_and_business
- Waltham Forest WorkNet - <http://www.advicewalthamforest.org.uk/directory-of-services/worknet/>
- Hackney Jobs & Training - <http://www.hackney.gov.uk/jobs-training>
- Southwark Council - <http://www.southwark.gov.uk>
- Brixton Advice Centre - <https://brixtonadvice.org.uk/advice-services-in-lambeth/>
- Community Links (Canning Town) - <http://www.community-links.org/>

PORTSMOUTH

- Portsmouth City Council - <https://www.portsmouth.gov.uk>
- Safer Portsmouth Partnership - <http://www.saferportsmouth.org.uk/>

PRESTON

- Preston City Council - <http://www.preston.gov.uk>
- Intact Centre (Preston) - <http://www.intact-preston.org.uk/>

ESSEX

- Tendring District Council – www.tendringdc.gov.uk
- Colchester Borough Council - www.colchester.gov.uk
- Essex County Council - www.essex.gov.uk
- Colchester Advice Network (CAB) - <http://www.colchestercab.org.uk/useful-links>