

# Jaguar Land Rover Service Technician Apprenticeship

## Helplines

Contact Name	Website Address	Telephone Number
<b>Health Support</b>		
Stress Help	<a href="http://www.stress.org.uk">www.stress.org.uk</a>	0203 142 8650
Cancer Support	<a href="http://www.cancerhelp.org.uk">www.cancerhelp.org.uk</a>	0808 800 4040
Eating Disorders Helpline	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	0845 634 1414
Family Planning Association	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>	0300 1237123
<b>Emotional Support</b>		
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	0207 089 5050
Cruse Bereavement Care	<a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a>	0844 477 9400
Child Line	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	0800 1111
Mind Helpline	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	0300 123 3393
<b>Disability Support</b>		
Royal National Institute for the blind	<a href="http://www.rnib.org.uk">www.rnib.org.uk</a>	0303 123 9999
National Bureau for Students with Disabilities	<a href="http://www.skill.org.uk">www.skill.org.uk</a>	0800 328 5050
Royal National Institute for the deaf	<a href="http://www.rnid.org.uk">www.rnid.org.uk</a>	0808 808 0123
Disabled Living Foundation	<a href="http://www.dlf.org.uk">www.dlf.org.uk</a>	0300 999 0004
<b>General Support</b>		
Equality and Human Rights Commission	<a href="http://www.equalityhumanrights.com">www.equalityhumanrights.com</a>	0808 800 0082
Samaritans (24 Hour Emergency)	<a href="http://www.samaritans.org">www.samaritans.org</a>	08457 909090
NSPCC	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	0808 800 5000
Health & Safety at work	<a href="http://www.hse.gov.uk">www.hse.gov.uk</a>	0300 003 1747
Prince's Trust	<a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>	0800 842 842
<b>Drug and Alcohol support</b>		
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	0845 769 7555

Advice and Help on drugs	<a href="http://www.talktofrank.com/get-help">www.talktofrank.com/get-help</a>	0300 123 6600
Give Up Smoking Helpline	<a href="http://www.gosmokefree.nhs.uk">www.gosmokefree.nhs.uk</a>	0300 123 1044
<b>Training Support</b>		
YMCA Training	<a href="http://www.ymcatraining.org.uk">www.ymcatraining.org.uk</a>	0161 475 7800
City and Guilds	<a href="http://www.cityandguilds.com">www.cityandguilds.com</a>	0844 543 0033
IMI Awards	<a href="http://www.imiawards.org.uk">www.imiawards.org.uk</a>	0199 251 9038
Skills Development Scotland	<a href="http://www.skillsdevelopmentscotland.co.uk">www.skillsdevelopmentscotland.co.uk</a>	0800 917 8000
Skills Funding Agency	<a href="http://www.gov.uk/government/organisations/skills-funding-agency">www.gov.uk/government/organisations/skills-funding-agency</a>	0845 377 5000